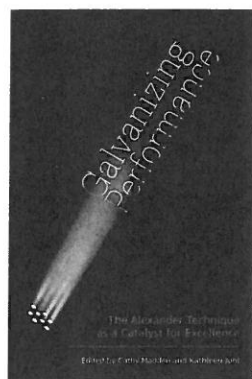


Bookcase

Embodiment Professional finds some interesting reading



Galvanizing Performance

The Alexander Technique as a Catalyst for Excellence

Edited by Cathy Madden and Kathleen Juhl

The Alexander Technique is a specific form of mind/body practice that focuses on improving efficiency through learning and understanding movement and behaviour. Galvanizing Performances applies the teachings of this practice to the performing arts. Through theatre, music, and dance, the contributors, all artists themselves, demonstrate how deliberate movement can improve an individual's art and benefit their general health and wellbeing.

Using specific case examples and in-depth analysis over a range of performance arts, this book supports instruction of effective movement and the Alexander Technique within different artistic disciplines for students and teachers alike.

Published by: Singing Dragon
ISBN: 978-1-84819-371-0

Seven Scents

Healing and the Aromatic Imagination

By Dorothy P. Abram, illustrated by Laura Mernoff

Examining the psychoactive nature of seven aromatic plants, this book centres on scent as a line of inquiry in the exploration of spiritual and healing states. Offering an exciting entry into the complexities of human experience, this book also makes reference to Biblical, Greek and Hindu stories and reveals new dimensions of knowledge. Identifying seven aromatic plants with specific psychoactive properties, the author describes the different states of consciousness that are achieved, manipulated, and transformed by the people and cultures that use them in specialised ways, both in the past and in the contemporary world.

Focusing on the role that scent plays in healing and spiritual experience, the author explores the use of the fragrant tulsi plant both in Hindu women's ritual and to treat mental and physical ailments. She analyses the appearance of the lotus in sacred Egyptian customs, and as a model of the process of psychological change through metaphorical journeys. Making a significant contribution to the understanding of the healing state, this book is stimulating reading for all those interested in aromatics, the sense of smell, or the nature of spiritual experience.

Published by: Singing Dragon
ISBN: 978-1-84819-349-9



Seven Scents
Healing and the Aromatic Imagination

DOROTHY P. ABRAM

BLOGGING A FIVE ELEMENT LIFE



Blogging a Five Element Life

By Nora Franglen

The follow-up to Nora Franglen's first book of collected posts on the holistic life of an acupuncturist, this provides further insight into the everyday musings of a master of her craft. From her love of London's cafes to challenges she has experienced in her clinic, it reveals how acupuncture can enrich and balance all aspects of our being.

Based on her widely read blog, this collection includes Nora Franglen's reflections on her own continually developing five element practice, and the lived world between 2014 and March 2017, a time of enormous change. Covering everything from politics, to coffee shops, to how to treat patients effectively, and from tips on using moxa sticks to her acerbic thoughts on the effects of technology on society, Nora illustrates how the five elements influence, illuminate and enrich all aspects of her life, and vice versa.

Published by: Singing Dragon
ISBN: 978-1-84819-371-0

Trauma-Sensitive Yoga

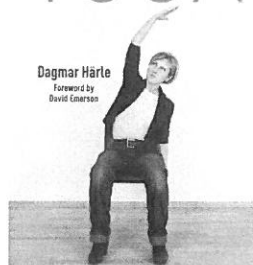
By Dagmar Härle. Foreword by David Emerson

Traumatic events are more than a narrative or singular event in a person's life; the body remembers traumatic events and can experience them over and over, even after many years have passed. This book shows how trauma-sensitive yoga can be used in individual therapy and in groups to overcome trauma, by calming the nervous system and helping people to come out of dissociative states. The book also shows teachers how to detect when certain postures trigger anxiety, and offers ways to support healing in general yoga classes.

Drawing on her experience as both trauma therapist and yoga teacher, the author focuses on the body-mind connection and presents asanas and breathing exercises that can help traumatised patients re-engage and take control of their bodies. Trauma-sensitive yoga is a body-based intervention for treating emotional responses to trauma and post-traumatic stress disorder. This book explains why yoga is a useful approach for trauma therapy and shows how to use this method in one-to-one and group settings. It also includes useful examples of non-triggering asanas and breathing exercises.

Published by: Singing Dragon
ISBN: 978-1-84819-346-8

TRAUMA-SENSITIVE YOGA



Dagmar Härle
Foreword by David Emerson