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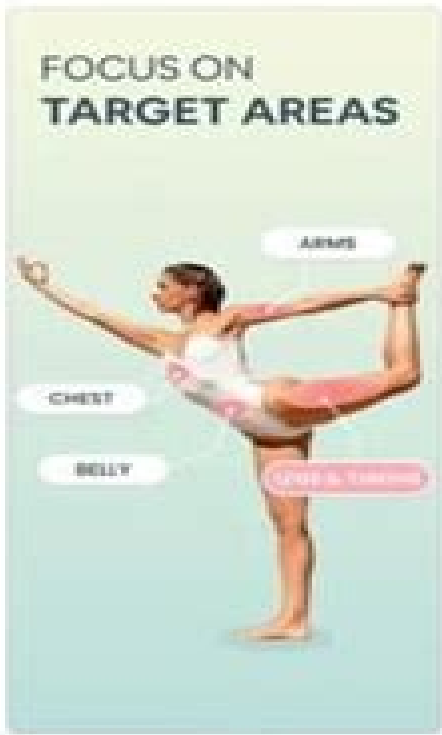
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K-pop Dance Chuyun Oh,2022-07-01 This book is about K pop dance and the evolution and presence of its dance fandom on social media Based on five years of ethnographic fieldwork interviews choreography and participation observation with 40 amateur and professional K pop dancers in New York California and Seoul the book traces the evolution of K pop dance from the 1980s to the 2020s and explains its distinctive feature called gestural point choreography front driven two dimensional decorative and charming movements of the upper body and face as an example of what the author theorizes as social media dance It also explores K pop cover dance as a form of intercultural performance suggesting that by imitating and idolizing K pop dance fans are eventually fandoming themselves and their bodies Presenting an ethnographic study of K pop dance and its fandom this book will be a valuable resource for students and scholars of Media Studies Korean Studies Performance Studies and Dance Yoga Journal ,1988-07 For more than 30 years Yoga Journal has been helping readers achieve the

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Rock Your Presentation Nigel Barlow,2016-04-28 This book will protect your audiences from the following disorders Death by PowerPoint Tedium Compulsive fidgeting Losing the Will to Live Syndrome Nearly all of us have to pitch or present our ideas whether in a formal setting like a theatre at a company conference in a classroom or even selling a concept one to one to our boss In Rock your Presentation Nigel Barlow a professional keynote speaker and creative coach to many of the world s most famous organisations gives you inspiring insights and practical techniques to rock up your presentation or speech Many of these tips come from exploring what makes great music so moving and impactful and are easy to apply to make your own talks more dynamic and memorable Try changing your key for different emotional impact come up with a stronger chorus and an exciting climax create your speaker s rider be a protest singer to unleash your passion and learn when and how to go unplugged to touch your audience Whether you want to create a whole new presentation or tune up a tired old one Rock Your Presentation will give you plenty of fresh ideas **Yoga**

Journal ,1991-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Meditation For Busy People & Yoga For Busy People** Alecandra Baldec,2014-08-26 Meditation For Busy People Yoga For Busy People Beginner Tips Fitness Hacks For Daily Workout Routine In this meditation for beginners and yoga for beginners compilation Alecandra Baldec is combining soul

spirit searching flexibility the modern lifestyle and powerful meditation and yoga techniques for beginners and in a very strategical and unique way Alecandra creates the ultimate effortless system for everybody who wants to enjoy a life with meditation and yoga This book has been created for beginners Advanced users might find some very useful and unique aspects of meditation and yoga inside because Alecandra includes the two ultimate resource guides that beginners and advanced users are going to enjoy You will find some truly exciting nuggets and surprises inside these resource guides no matter how advanced you are She also includes a meditation and a yoga quiz that might add some mental stimulation and fun to your reading activity You will learn inside how Yoga connects to Meditation and how Meditation connects to Yoga and how a beginner can take lots of benefits out of this combination of activities The system is perfect for beginners who might have tried to integrate meditation and yoga into their life but until today these individual might have failed because of time constraints and modern life complexities This compilation of meditation for beginners yoga for beginners reveals the latest insights into the mind body consciousness connection and how to make meditation and yoga work in today s world where time has become such a valuable resource Watch out for Alecandra s secret success ingredient that is going to be the connecting part and the reason why her system works so well for beginners who always lack time when it comes to meditation and yoga This secret technique makes this system work for everyone who would love to enjoy a lifestyle with meditation and yoga Watch out for Alecandra s secret success ingredients

My iPad for Seniors Michael Miller, 2018-11-21 Easy clear readable and focused on what you want to do Step by step instructions for the tasks you care about most Large full color close up photos show you exactly what to do Common sense help whenever you run into problems Tips and notes to help you get the most from your iPad Full color step by step tasks walk you through getting and keeping your iPad working just the way you want Learn how to Wirelessly connect to the Internet at home or away Personalize the way your iPad looks and works Make your iPad easier to use if you have trouble seeing or tapping the screen Use the Control Center to adjust frequently used settings Browse and search the Internet with Safari Use Siri s voice commands to control your iPad and find useful information Find useful health and travel apps and fun games in Apple s App Store Communicate with friends and family via email text messaging and FaceTime video chats Shoot share and view photos and videos Listen to music and watch movies and TV shows over the Internet Use iCloud to store and share your photos and other important data online Troubleshoot common iPad problems

Ageless Intensity Pete McCall, Gunnar Peterson, 2022 High intensity training has no age restriction so why slow down You don t have to However there is a better way to train one that reduces stress on your body decreases risk of injury and maximizes the results you re looking for Ageless Intensity is a straightforward science based guide on how to structure and implement high intensity workouts to increase strength and power add lean muscle mass improve mobility burn fat reduce heart rate and ultimately reduce the biological effects of time Inside you will discover not only the impact aging has on your body but also how high intensity exercise actually slows that

process You ll learn the importance of adding challenging strength and mobility exercises to your routine as well as how to monitor and adjust recovery between workouts You ll even find predesigned workouts that can be used as is or be customized to increase the intensity and push your body to its limits So if you re not ready to slow down Ageless Intensity will show you how to keep going strong Book jacket [Yoga for Life](#) Colleen Saidman Yee,2015-06-02 From a rebellious young woman with a dangerous heroin habit to a globe trotting fashion model to First Lady of Yoga The New York Times Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of yoga and then inspired others to do the same I ve learned how to extract the beauty of an ordinary day I ve learned that the best high exists in the joy or the sadness of the present moment Yoga allows me to surf the ripples and sit with the mud while catching glimpses of the clarity of my home at the bottom of the lake my true self The very first time Saidman Yee took a yoga class she left feeling inexplicably different something inside had shifted She felt alive so alive that yoga became the center of her life helping her come to terms with her insecurities and find her true identity and voice From learning to cope with a frightening seizure disorder to navigating marriages and divorces to becoming a mother finding the right life partner and grieving a beloved parent Saidman Yee has been through it all and has found that yoga holds the answers to life s greatest challenges Approachable sympathetic funny and candid Saidman Yee shares personal anecdotes along with her compassionate insights and practical instructions for applying yoga to everyday issues and anxieties Specific yoga sequences accompany each chapter and address everything from hormonal mood swings to detoxing depression stress and increased confidence and energy Step by step instructions and photographs demonstrate her signature flow of poses so you can follow them effortlessly Yoga for Life offers techniques to bring awareness to every part of your physical and spiritual being allowing you to feel truly alive and to embody the peace of the present moment **Râja Yoga Messenger** ,1925 [Yoga Journal](#) ,1994-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The Great Acceleration** Robert Colvile,2016-05-17 The Great Acceleration is an energizing account from a brilliant new writer of how our society is speeding up and why we should embrace it In this revelatory study of modern living Robert Colvile inspects the various ways in which the pace of life in our society is increasing and examines the evolutionary science behind our rapidly accelerating need for change as well as why it s unlikely we ll be able to slow down or even want to Exploring theories surrounding the effect of this speed on our minds and bodies Colvile reveals how contrary to gloomier predictions living in a faster age might be beneficial for us both physically and mentally In addition to the universe of social media he examines the opportunities that faster communication and operation could bring to everything from music film and books to transportation politics and government Comparing

developments in cities and villages advanced economies and underdeveloped countries East and West The Great Acceleration explains how the positives outnumber the negatives and if this acceleration is truly inevitable why we should rush to embrace it

Beyond the Pain Madhur-Nain Webster,2025-06-24 A self help resource that combines psychological mindfulness with practical tools to guide readers on a transformative journey through grief and disappointment Disappointment is an inevitable yet unpredictable part of life It can appear suddenly throwing your life into chaos or it can spread gradually taking years to fully process Thankfully it s never too late to put old disappointments to rest and create new empowering narratives Beyond the Pain serves as a roadmap for turning life s letdowns into opportunities for growth and healing By recognizing disappointment for what it is rather than creating a false narrative around it you can reclaim your power and take control of your life This book delves into the multifaceted nature of disappointment normalizing its impact while encouraging intentional self reflection It also offers tangible strategies and actions to help you uncover a path toward healing fostering a deeper understanding of your emotions values and self Healing doesn t follow a set timeline and this book s accessible 30 stage process allows you to grow at your own pace Beyond the Pain provides the flexibility to navigate your journey of healing in your own time and on your own terms

Career Renegade Jonathan Fields,2009-01-13 There s a revolution brewing across the nation a movement that s changing lives and revealing little known paths to passion and prosperity It s about building a great living around what you love to do most Once you ve been touched by it you ll never be the same This book is your way in your admission ticket to the world of the career renegade Jonathan Fields mega firm lawyer turned successful lifestyle entrepreneur blogger and writer shows you how to turn your passion whether it s cooking or copy writing teaching or playing video games into a better payday and a richly satisfying life Discover the 7 career renegade paths to prosperity Tap technology to turn a seemingly moneyless passion into a goldmine Rapidly test and tune your idea for free from the comfort of your couch Establish yourself as an authority in a new field with little or no investment Cultivate the mission driven action oriented career renegade mindset Rally others to your cause and convince them you re not nuts Join the movement now and take back your livelihood and life

Patanjali Yoga Sutras Sri Sri Ravi Shankar,2014-01-01 The Yoga Sutras of Patanjali are the foundational texts of the science of yoga In this book Sri Sri Ravi Shankar a master of yoga for the 21st century offers his own commentary on this fundamental work The aim of Patanjali Yoga is to set man free from the cage of matter Mind is the highest form of matter and man freed from this dragnet of Chitta or Ahankara mind or ego becomes a pure being H H Sri Sri Ravi Shankar

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