



Pumpkin Spice Kid's Yoga

Ages
4-10

Friday, Oct 18th
5-6pm

\$16

We'll use mini pumpkins to balance in poses, connect to our senses, and explore focus and grounding. After a playful yoga session, kids will express their creativity by decorating their pumpkin to take home!

TranquilityWellnessYuma.com

Pumpkin Spice Yoga For Beginners Discount

Becky Vollmer



Pumpkin Spice Yoga For Beginners Discount:

The Dark Side of Knowledge Conrad Riker, 101-01-01 The Truth They Don't Want You to See And the Lies You've Been Swallowing Ever feel like coincidences are staged to keep you clueless Tired of losing your paycheck kids and sanity to a rigged system Why do feminists call you toxic for being a man then demand you pay for their happiness 1 Rewire your brain to spot real threats not imaginary demons 2 Escape the marriage plantation before it drains your wallet and will to live 3 Debunk woke myths with evolutionary biology not political tantrums 4 Turn conspiracy theories from paranoia to power in 3 steps 5 Protect your cash freedom and reputation from false accusations 6 Learn why 63% of men trust shadowy cabals more than their own government 7 Discover the Dark Triad traits women crave but will never admit 8 Replace toxic guilt with unstoppable rational masculinity If you want to stop being a pawn in their game see through the bullshit and reclaim your life as a free man buy this book today Save the kittens Save yourself

Food Allergies For Dummies Robert A. Wood, 2011-04-04 Includes over 25 allergen free recipes Covers peanut allergy and the new labeling guidelines Are you constantly worrying about what you or your loved ones eat Is every dining experience an episode of anxiety for you Being allergic to different types of food not only ruins the experience of eating it can lead to dangerous sometimes lethal consequences With *Food Allergies for Dummies* you can feel safer about what you eat This concise guide shows you how to identify and avoid food that triggers reactions This guide covers how to care for a child with food allergies such as getting involved with his/her school's allergy policies packing safe lunches and empowering him/her to take responsibility for his allergy You will also discover The signs and symptoms of food allergies How to determine the severity of your allergy Ways to eat out and travel with allergies How to create your own avoidance diet Ways to enjoy your meal without allergic symptoms How to prevent food allergies from affecting your child The latest research being done to treat food allergies *Food Allergies for Dummies* also provides an in depth chapter on peanut allergy and how to spot traces of peanut in your food With this book you will feel safer and more comfortable while you eat And with plenty of helpful resources such as Web sites and allergy friendly recipes you'll hardly have to worry about your diet

Yoga Sivananda Yoga Vedanta Centre, 2009-12-28 Yoga Mind and Body has garnered much praise from senior Sivananda yoga teachers worldwide and this new book retains all the features that made the existing book so successful clear instructions on each pose demonstrated step by step common mistakes shown and explained and a list of the physical and mental benefits of each pose together with a fresh new design beautiful specially commissioned step by step photography of the yoga poses and a number of added features to make the book even more accessible and user friendly A new chapter on The Many Benefits of Yoga gives a fascinating and valuable overview of the ways that yoga can maintain or restore the health of the body With the help of specially commissioned anatomical drawings it explains how yoga poses work on and benefit the body including their effect on different types of muscle and the connective tissue the vast network of elastic tissue that encloses and connects muscles and organs how poses can help to stimulate our hormonal system the vital

role they play in calming the nervous system helping you to relax and deal with stress and the powerful effect yoga has in oxygenating the whole body and especially the brain which needs plentiful supplies of oxygen to function properly In the chapter Proper Exercise the yoga poses are arranged in the order you should practice them in and poses are clearly labeled beginner intermediate or advanced helping the reader to progress at his or her own pace At the end of the book in another new feature that yoga students will welcome there are specially devised programs of yoga poses for beginners intermediate and advanced students of 20 40 and 60 minutes each The chapters on Yogic Breathing and on Positive Thinking and Meditation provide detailed advice on breathing techniques and on how to meditate The Vegetarian Diet chapter has also been rewritten and now includes a helpful transition eating plan to becoming vegetarian The chapter also includes over 40 wholesome and delicious all new vegetarian recipes

You Are Not Stuck Becky Vollmer, 2023-01-03 Becky Vollmer's *You Are Not Stuck* is a blend of straight talk humor and clear steps for action to help change seekers reset their priorities drown out the naysaying voices in their heads and make bold choices We all feel stuck sometimes in our jobs our relationships our habits or when the life we're living simply doesn't add up to the one we want We feel stuck when it seems like we don't have options or when we don't trust or allow ourselves to make the changes we so deeply long to make Speaker and yoga teacher Becky Vollmer believes that when we feel paralyzed by our fears the answer isn't just courage it's choice Because we all have choices we just have to be brave enough to make them *You Are Not Stuck* is the key to breaking the cycle of fear and making bold choices for real change Sometimes this transformation looks like an audacious Thelma and Louise style leap more often though it is a series of small deliberate actions based on personal values that yield more clarity alignment and ultimately long term contentment than driving off a cliff If what you seek is a tried and true process of empowerment that unlocks the true north already inside you look no further This book is a unique blend of permission and spirituality that will help you excavate your divine inner badass close the gap between intention and action and develop a strategic path forward that's as unique as your thumbprint Through warm and straightforward wisdom a modern and approachable take on ancient yoga philosophy a series of practical and insightful grounding exercises and a healthy dose of laugh out loud humor you'll learn how to make soul guided choices in support of the life you've desired all along

Yoga Journal, 1983-11 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

IBS For Dummies Kristina Campbell, Maitreyi Raman, Natasha Haskey, 2025-03-17 Get trustworthy answers to all your questions about irritable bowel syndrome *IBS For Dummies* is a much needed resource that covers all aspects of this common gastrointestinal disorder from a basic understanding of how the digestive tract works to managing the difficult and often unpredictable symptoms that come with the condition This essential guide also gives those with IBS and IBS like

symptoms key tips on how to adapt their lifestyle and live life to the fullest Packed with up to date scientific information IBS For Dummies takes you through the different subtypes of IBS and their symptoms covers treatment options and provides helpful tips in a clear and approachable way The compassionate Dummies approach makes coping with IBS easier so you won't be held back by your symptoms Discover the role of the gut microbiome and the gut brain axis in IBS Learn how you can get an IBS diagnosis and find the treatment that works for you Find IBS friendly recipes current research findings and new management options If you or someone you love has been diagnosed with IBS or struggles with IBS symptoms without a diagnosis this book will help you uncover new avenues for relief Healthcare professionals looking to educate patients will also love this approachable reference

The Maiden, Mother, Matriarch Conrad Riker, Why Modern Women Are Miserable And How to Fix It Before It's Too Late Are you tired of watching women trade motherhood for burnout loneliness and regret Why do girls raised on girlboss slogans end up anxious childless and hating men What if the secret to female happiness lies in rejecting feminism not embracing it Expose the lie that empowerment means avoiding marriage and babies Reverse the damage of woke ideologies hijacking women's biological purpose Learn how traditional roles boost fertility family bonds and societal stability Discover why men secretly crave and reward feminine virtue not corporate drones Unlock forgotten wisdom for raising daughters who value motherhood over hashtags Defend against feminist brainwashing in schools media and government Restore Christian values as the antidote to OnlyFans degeneracy Reclaim the lost art of homemaking as rebellion against a dying culture If you want to save women from themselves protect your sons from gynocratic tyranny and rebuild a civilization worth passing on buy this book today

[The Diet Detective's Count Down](#)
Charles Stuart Platkin, 2007-01-02 THE COST OF A CALORIE REVEALED CALORIE SHOPPING with EXERCISE EQUIVALENTS The Diet Detective's Count Down Offers Readers Calories Carbs Fat and the Exercise Equivalents For More Than 7 500 Foods Walk Run Swim Bike Yoga and Dance Ever find yourself debating whether or not to buy just one bag of chips Or grab a little candy bar for the road Consider this what if the nutritional labels on your favorite foods spelled out exactly what you'd have to do to burn those calories Well nutrition and public health advocate Charles Stuart Platkin's new book THE DIET DETECTIVE'S COUNT DOWN is the first of its kind that translates food into exercise giving readers a tool for deciding what a calorie means and which calories are worth it THE DIET DETECTIVE'S COUNT DOWN lists more than 7 500 foods with exercise equivalents in minutes calculated using six forms of activity WALKING RUNNING BIKING SWIMMING YOGA AND DANCING All this information is listed in an easy to view table format The table also includes calories fat and carbohydrates This is no ordinary diet book it is a food fact bible giving readers tasty nuggets of information that make them think before they eat Translating food into calorie counts isn't enough translating calorie counts into exercises makes clear the consequence each bite has on the waistline Examples of an Exercise Equivalent The book contains more than 7500 listings in an easy to use table format w Calories Carbs and Fat walking running biking swimming yoga and dance 1 double

stuffed Oreo cookie 18 minutes of walking 1 handful of chips 26 minutes of dancing 1 slice of chocolate cake 48 minutes of biking 1 candy bar 32 minutes of swimming 1 soda 48 minutes of yoga 1 tablespoon of butter 11 minutes of running

Seasonal Sociology, Second Edition Tonya Davidson, Ondine Park, 2025-07-15 Life in Canada is shaped by the seasons marked celebrated enjoyed and sometimes dreaded in ways that respond directly to the changing cycles in nature Sociological thinking encourages us to question the aspects of everyday life that we may otherwise take for granted Seasonal Sociology takes a sociological approach to thinking about the seasons providing a unique perspective for understanding social life Each chapter in this collection explores key issues of sociological interest through the passage of time and seasonal change The authors wield seasonality as a powerful tool that can bridge small scale interpersonal interactions with large scale institutional structures This collection of contemporary Canadian case studies is wide ranging and analyses topics such as pumpkin spice lattes policing in schools law and colonialism summer cottages seasonal affective disorder Vaisakhi celebrations and more The second edition introduces new chapters on Labour Day and organized labour disability and online dating maple sugar shacks seasonal agricultural work wildfires and social movements like Pride and Black Lives Matter Seasonal Sociology ultimately offers fresh provocative ways of thinking about the nature of our collective lives *Cancer Nutrition and Recipes For Dummies* Maurie Markman, Carolyn Lammersfeld, Christina T. Loguidice, 2013-07-01 Fight cancer from the inside out Cancer treatments such as surgery chemotherapy and radiation can be as hard on the body as the disease itself and detailed nutritional advice is usually not part of the program Yet eating the right foods can actually help lessen the strength of some of the most powerful symptoms of cancer and the side effects of treatment allowing the patient to better fight the disease Now Cancer Nutrition Recipes For Dummies is your trusted informative guide to fighting cancer from the inside out Designed for cancer patients and their families Cancer Nutrition Recipes For Dummies focuses on foods best tolerated during and that can ease side effects of cancer treatment It also offers advice for menu planning nutritional analysis diabetic exchanges and much more Serves as a guide for cancer nutrition before during and after treatment Gives you a wealth of easy immediate steps to speed up the healing process through diet Offers advice on treatment as well as solutions to common side effects like dehydration fatigue and nausea Enables cancer patients to put their strongest foot forward when starting treatment Cancer Nutrition Recipes For Dummies targets those dealing with cancer and the loved ones who take care of them aiding both parties in alleviating some of the side effects of the cancer treatment through change in diet *The Happy Life* Lola Berry, 2016-01-27 An inspiring guide to finding health and happiness from the author of The 20 20 Diet and The Happy Cookbook Happiness It s the big one the thing we re all striving for But rather than happiness being something you get from status or material things it s something you must find within yourself This beautiful honest book is nutritionist Lola Berry s achievable guide to overall happiness and it all starts with what we put on our plates The Happy Life features more than 60 delicious wholefood recipes as well as practical advice on how to maintain optimum health across all areas of

your life whether that's eating well and maintaining exercise regimens while travelling navigating love and relationships or actively incorporating more mindfulness into your day This is a specially formatted fixed layout ebook that retains the look and feel of the print book **Vegan Recipes to Enhance Your Yoga Life** Sarah Wilkinson,2020-01-21 Discover 60 delicious all vegan recipes designed to work with your chakras and nourish the mind body and spirit In **Vegan Recipes to Enhance Your Yoga Life** Sarah Wilkinson focuses on the importance of well functioning chakras in helping you attain optimal health and wellbeing On the physical level one way to achieve this is through the foods you eat Be inspired to prepare meals that will nourish you in a whole new way including light bites main meals and Sarah's wonderful chakra cakes suitable for vegans and vegetarians and wheat and gluten free The recipes are organised by season and colour coded for easy cross referencing to an explanatory section on the chakras including corresponding information on nutrition Each chakra is linked to a different aspect of your mind body and spirit By learning to recognise how your personal system is functioning you will begin to see noticeable positive shifts in your world To further energise your chakras Sarah has included a section on how to harness the power of crystals as you cook **Vegan Recipes to Enhance Your Yoga Life** will open you up to the amazing health benefits of seasonal and plant based conscious eating **Chloe's Vegan Desserts** Chloe Coscarelli,2013-02-19 Chloe's fantastic tasting beautiful desserts are what first got her national media attention when she wowed the judges on Food Network's Cupcake Wars Now Chef Chloe offers her first all dessert cookbook Chloe works a different kind of food science magic with liquid proportions and leaveners like baking soda and vinegar to make cakes rise and remain moist and to give her food a texture and taste that vegans and non vegans alike crave Chloe re-creates classic desserts and treats from crême brûlée to tiramisu to beignets as well as store bought favourites made with a humorous taste twist like her ChloeO type Oreos and Pumpkin Whoopie Pies Chloe also serves up brand new triumphs like her dreamy Lemon Olive Oil Cake with Rosemary Ice Cream Coconut and Chocolate Cream Pies Coconut Sorbet with Cashew Brittle and a dozen innovative cupcake creations Who can possibly resist **Gender Ideology Deconstructed** Conrad Riker,2011-01-01 They Told You It Was Progress But What If It's All a Lie Why are schools allowed to chemically transition your child without your consent How did equality become a weapon to demonize masculinity and trap men in legal servitude What if the transgender movement is just recycled homophobia in woke drag Expose the Tavistock Clinic scandal Fast tracked sterilizations disguised as care Debunk the 41% suicide myth used to blackmail parents into compliance How TikTok's algorithms fuel a trans trending social contagion in teen girls Autogynephilia unmasked The fetish hiding behind gender identity Why gender fluidity violates evolutionary biology and common sense The hidden link between no fault divorce laws and the marriage plantation Detransitioners lawsuits The coming tsunami of medical malpractice reckoning Escape the double bind of toxic masculinity shaming reclaim rational manhood If you want to arm yourself with the facts they're censoring and fight back buy this book today **Yoga Journal** ,1995-12 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 Flexible Vegetarian** Peace Through Yoga,2012-10-26 This true story began eleven years before Ann Paulson was ready to share the startling experiences that occurred over the next year and left her flabbergasted Considering herself an ordinary Christian she always believed there must be a heaven but she never gave much thought to the idea that she had lived before Then she began a very personal friendship with Jeshua who the world knows as Jesus Jeshua used Ann Paulson's past lives to show her how God's love accepts us as we are and flows through the ages in events and people no matter who they are The author found the things she was learning difficult but she became curious enough to keep listening and do her own research She shares her exciting discoveries about our changing times and the school we each attend when we are born to this life Stepping Stones for the Heart is a comfortable reminder that God's love is available to us whether we believe it or not and that Jeshua and wise angels are always with us to help us along the way Ann Paulson's obedience to some insistent angels gives all of us the chance to learn more about why we are here and how we can do the most with our lives Competitive Grieving Nora Zelevansky,2021-05-11 An Entertainment Weekly Pick of Summer's Best New Books Wren's closest friend her anchor since childhood is dead Stewart Beasley Gone She can't quite believe it and she definitely can't bring herself to google what causes an aneurysm Instead of weeping or facing reality Wren has been dreaming up the perfect funeral plans memorial buffets and processional songs for everyone from the corner bodega owner to her parents none of whom show signs of imminent demise Stewart was a rising TV star who for reasons Wren struggles to understand often surrounded himself with sycophants amusing in his life but intolerable in his death When his icy mother assigns Wren the task of disseminating his possessions alongside George Stewart's maddening but oddly charming lawyer she finds herself at the epicenter of a world in which she wants no part where everyone is competing to own a piece of Stewart's memory sometimes literally Remembering the boy Stewart was and investigating the man he became Wren finds herself wondering did she even know this person who she once considered an extension of herself Can you ever actually know anyone How well does she really know herself Through laughter and tears Nora Zelevansky's Competitive Grieving shines a light on the universal struggle to grieve amidst the noise to love with a broken heart and to truly know someone who is gone forever Bennington Girls Are Easy Charlotte Silver,2015-07-14 Chosen as one of Summer's Best Books by PEOPLE MAGAZINE Surprisingly insightful and seriously fun One of O MAGAZINE's Season's Best A COSMOPOLITAN MAGAZINE July Reads Pick Named one of REFINERY 29's 21 New Authors to Watch in 2015 Charlotte Silver dazzles with a ruefully funny coming of age novel that follows two recent Bennington grads who are determined to make it in the Big Apple Bennington College founded in 1932 as a suitable refuge for the wayward daughters of good families maintains its saucy reputation for attracting free spirits There acres outnumber students the faculty is composed of fading

hippie and clothing is largely optional Or as J D Salinger put it in Franny and Zooey a Bennington type looked like she d spent the whole train ride in the john sculpting or painting or something or as though she had a leotard on under her dress Cassandra Puffin and Sylvie Furst met in high school but cement what they ardently believe will be everlasting friendship on Bennington s idyllic Vermont campus Graduation sees Sylvie moving to New York City where later on their twenties Cassandra joins her These early delirious years are spent decorating their Fort Greene apartment with flea market gems dating artists and trying to figure out what they re doing with their lives The girls are acutely and caustically observant of the unique rhythms of the city but tone deaf to their own imperfections which eventually drives a wedge between them Equal parts heartfelt and hilarious Bennington Girls Are Easy is a novel about female friendships how with one word from a confidante can lift you up or tear you down and how difficult it is to balance someone else s devastatingly funny lapses in judgment with your own professional and personal missteps

The Body Language of Dating Tonya Reiman,2012-01-03

Nationally renowned body language expert Tonya Reiman turns her attention to romance explaining how to read the signals of your date your mate or that cutie across the bar and never get rejected again Are you willing to leave your romantic future to fate or luck or the stars Take the wheel THE BODY LANGUAGE OF DATING will teach you all the skills you need to drive your love life home Uncover the secrets of attraction Find out what your nonverbal communication is saying about you Bridge the gap between casual fling and long term thing Avoid rejection Figure out what your guy is thinking Save yourself time and heartache in your search for love or at least your next perfect date

The Vegan Ayurvedic Lifestyle Dr. Kokiladevi

Alagarswamy,2023-07-17 Do you know your body is communicating with you all the time but sometimes we are too busy to listen to it Even if you eat healthy salads your body wants to throw up Even if you exercise every day your body is not happy about it In this chaotic busy world no one has time to care about mental health because we are constantly running Where are you running Pause a second and realize what you are doing Don t you want to customize your lifestyle according to your body and mind This thoughtfully crafted book combines the principles of Ayurveda an ancient Indian system of medicine and wellness Ayurveda teaches us that achieving optimal health requires balancing our unique constitution or dosha through mindful choices in food and lifestyle It also serves as a comprehensive guide providing an introduction to Ayurvedic principles including understanding the doshas and incorporating them into your daily routine You will learn how to identify your dosha and discover recipes that specifically target its unique needs helping you achieve equilibrium and vitality Embrace the union of compassionate living and ancient wisdom as you embark on a culinary journey that nurtures your body mind and soul

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