

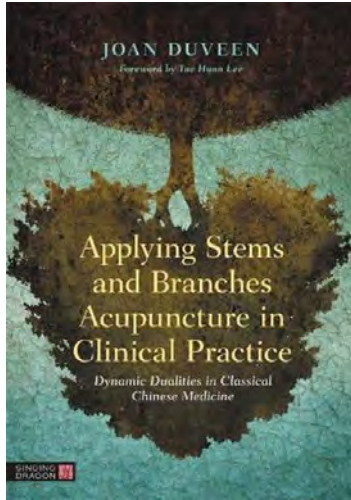


Woodslane

Singing Dragon Titles

**NEW AND BESTSELLING
February 2023**

www.woodslane.com.au



Applying Stems and Branches Acupuncture in Clinical Practice

By Joan Duveen, Tae Hunn Lee

NEW



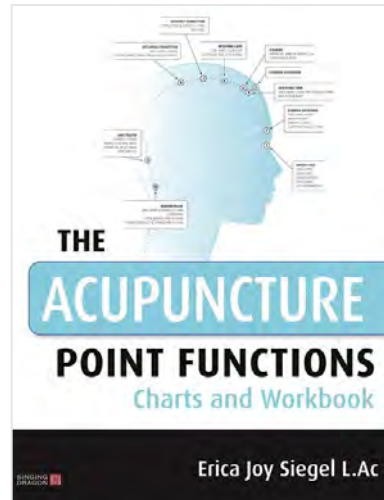
Stems and Branches is a style of classical acupuncture which uses the fundamental, cyclical rhythms of nature and life as a foundation for patient health and development.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: TRADE INTERNATIONAL
260 X 181 mm
Release Date: August 2022
9781787753709

Hardback
496 pages
FIGURES/DIAGRAMS
AUD\$: 119.00



Acupuncture Point Functions Charts and Workbook

By Erica Siegel

BESTSELLER



A clear and accessible two-part resource to learn the location and function of the acupuncture points. Part I of the book comprises a series of 27 charts covering the primary meridians plus the extraordinary meridians.

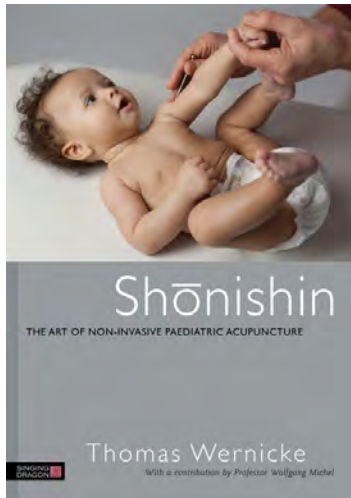
JESSICA KINGSLEY PUBLISHERS

Category: COMPLEMENTARY MEDICINE

Disc: TRADE INTERNATIONAL
278 X 217 mm
Release Date: June 2019
9780857013903

Paperback
72 pages

AUD\$: 50.99



Shonishin

By Anne Oppenheimer, Thomas Wernicke



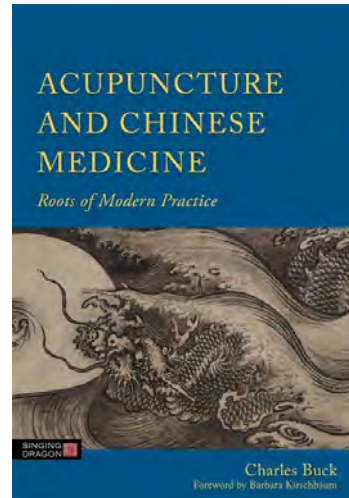
Thomas Wernicke is a licensed General Practitioner with qualifications in complementary medicine, Chinese and Japanese acupuncture, as well as manual therapies.

JESSICA KINGSLEY PUBLISHERS

Category: COMPLEMENTARY MEDICINE

Disc: TRADE INTERNATIONAL
255 X 188 mm
Release Date: July 2014
9781848191600

Paperback
288 pages
AUD\$: 71.99



Acupuncture and Chinese Medicine

By Charles Buck



Charles Buck draws on decades of Chinese medicine study, practice, and teaching in this book to provide a relevant and engaging account of the origins of acupuncture and Chinese medicine.

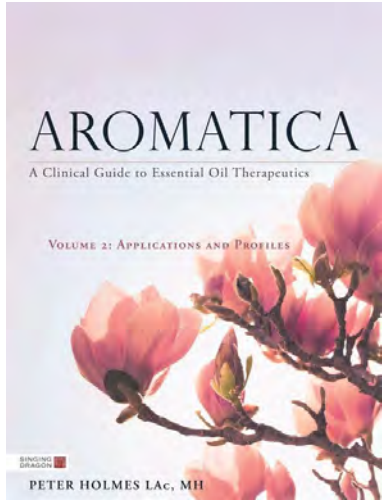
JESSICA KINGSLEY PUBLISHERS

Category: COMPLEMENTARY MEDICINE

Disc: TRADE INTERNATIONAL
261 X 184 mm
Release Date: November 2014
9781848191594

Hardback
352 pages

AUD\$: 132.00



Aromatica Volume 2: A Clinical Guide to Essential Oil Therapeutics.

By Peter Holmes

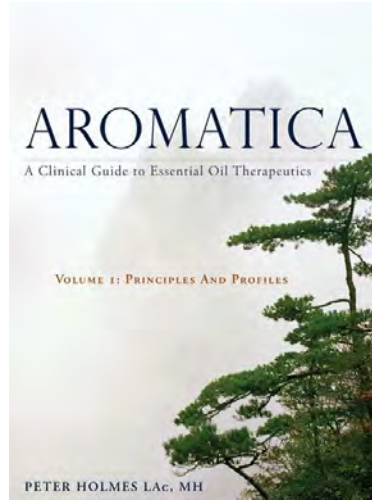


The second volume in the Aromatica series builds on the fundamentals found in Volume 1: Principles and Profiles. This comprehensive clinical text delves further into the different profiles of essential oils.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
258 X 196 mm
Release Date: December 2019
9781848193048

Hardback
552 pages
AUD\$: 161.00



Aromatica Volume 1: A Clinical Guide to Essential Oil Therapeutics.

By Peter Holmes, Gabriel Mojay

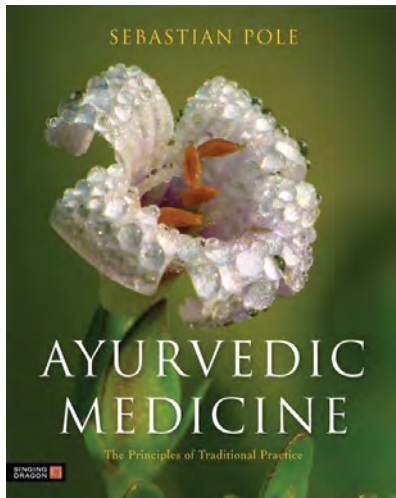


The first of two volumes, this is a comprehensive clinical text on the principles behind the clinical use of essential oils. It builds an important foundation for essential oil therapy.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
258 X 196 mm
Release Date: April 2016
9781848193031

Hardback
400 pages
AUD\$: 132.00



Ayurvedic Medicine

By Sebastian Pole

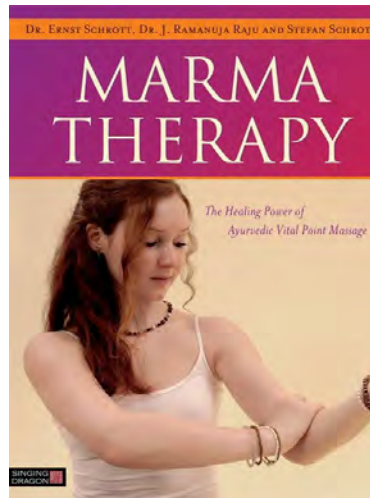


Ayurvedic Medicine clearly and comprehensively presents the unique theories and traditions of Ayurveda making them accessible to the health practitioner of today.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
254 X 196 mm
Release Date: November 2012
9781848191136

Hardback
400 pages
AUD\$: 132.00



Marma Therapy

By Dr Ernst Schrott, Dr J. Ramanuja Raju

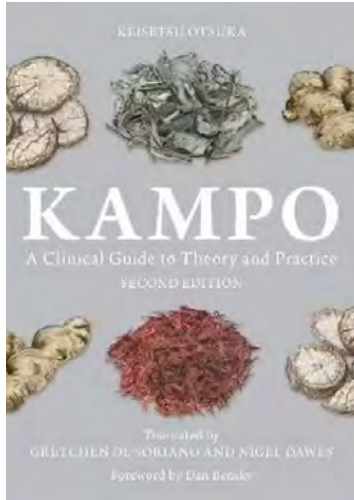


The effective yet gentle 'Sukshma' technique, for working with the Marma points at the emotional as well as on the physical level, is fully described in this book.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
258 X 189 mm
Release Date: February 2016
9781848192966

Hardback
148 pages
AUD\$: 52.99



Kampo

By *Gretchen De De Soriano, Nigel Dawes*

NEW



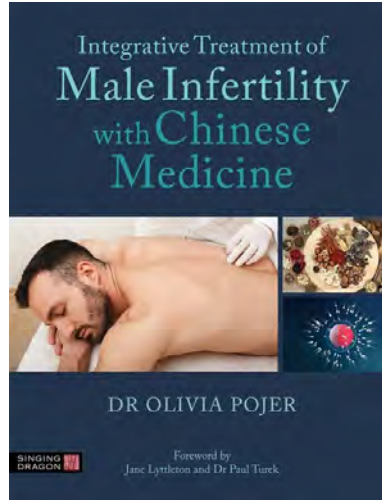
Kampo, a traditional Japanese medical system derived from Classical Chinese Medicine and comprising unique diagnostic methods, herbal formulas and therapeutic approaches.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: February 2023
9781839977589

Paperback
224 pages
AUD\$: 75.99



Integrative Treatment of Male Infertility with Chinese Medicine

By *Dr Olivia Pojer, Michael Weber*

NEW



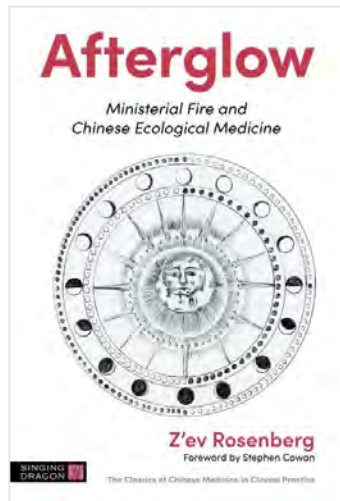
The first book to take an integrative approach to the treatment of male infertility issues, this easily digestible guide uses graphics and visual aids to help explain key concepts in diagnosis, anatomy and treatment.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
279 X 216 mm
Release Date: December 2022
9781787757325

Paperback
384 pages
B&W THROUGHOUT
AUD\$: 103.00



Afterglow

By *Z'ev Rosenberg, Stephen Cowan*

NEW



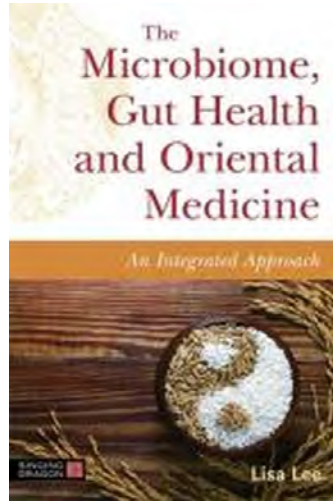
Inspired by personal observations of the climate crisis, as well as health issues from patients involving ministerial fire, this text dives into the concepts of ming men and ministerial fire.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: December 2022
9781787754126

Paperback
208 pages
AUD\$: 57.99



The Microbiome, Gut Health, and Oriental Medicine

By *Lisa Lee*

NEW



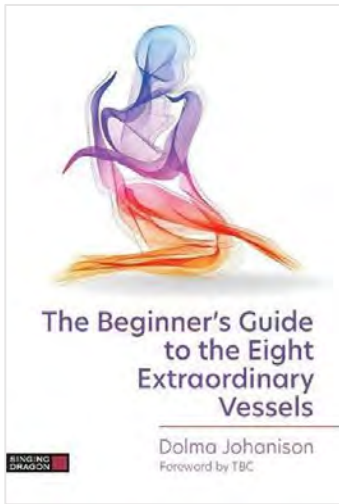
This holistic approach to the microbiome and gut integrates the latest findings from Western medicine with Oriental medicine, allowing Oriental health practitioners to enhance their treatment.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: September 2022
9781787759855

Paperback
160 pages
B&W THROUGHOUT
AUD\$: 59.99



The Beginner's Guide to the Eight Extraordinary Vessels

By Dolma Johanison

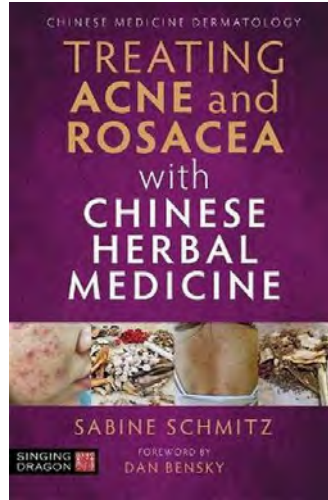


This book offers an introduction to the eight extraordinary vessels for acupuncturists. It includes theory and history, as well as practical application to acupuncture practice demonstrated through case studies.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: June 2022
9781787758315

Paperback
256 pages
B&W THROUGHOUT
AUD\$: 56.99



Treating Acne and Rosacea with Chinese Herbal Medicine

By Sabine Schmitz, Dan Bensky

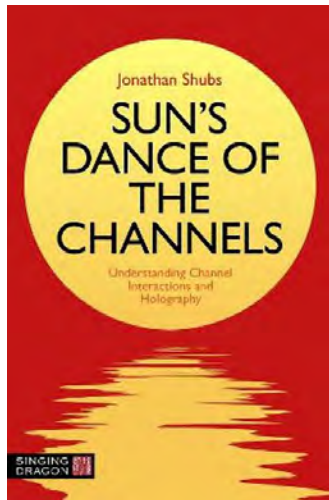


This practical, fully illustrated handbook is the second in our series on dermatological diseases and their treatment with Chinese herbal medicine by Sabine Schmitz.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: April 2022
9781787752276

Paperback
256 pages
COLOUR SECTION(S)
AUD\$: 79.99



Sun's Dance of the Channels

By Jonathan Shubs

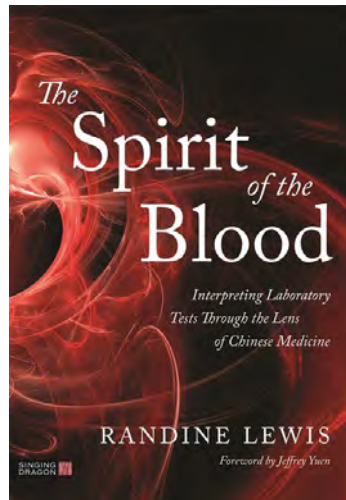


Written in a narrative form, this is a new and creative approach for those hoping to learn about Chinese medicine theory. Told in the context of a child having a conversation with their grandparents.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: TRADE INTERNATIONAL
198 X 129 mm
Release Date: February 2022
9781839972232

Paperback
248 pages
B&W THROUGHOUT
AUD\$: 39.99



The Spirit of the Blood

By Randine Lewis

BESTSELLER

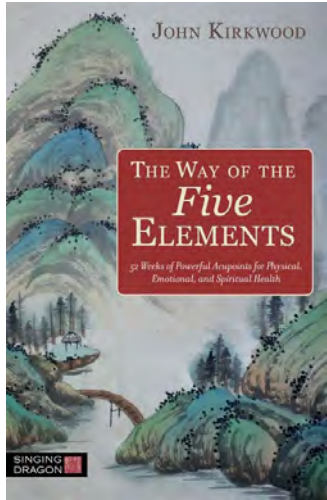


Translating Western biomedicine into Chinese medicine patterns and physiology, this seminal text guides readers in using lab tests alongside their traditional diagnostic tools.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: TRADE INTERNATIONAL
254 X 178 mm
Release Date: November 2022
9781839970535

Paperback
272 pages
AUD\$: 92.99



Way of the Five Elements

By John Kirkwood

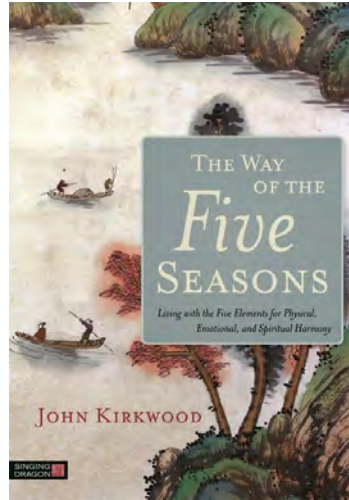


With its practical and immensely readable introduction to the nature and self-help uses of a key acupoint for each week of the year, this book is a gateway to the mysterious world of Chinese medical thought.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE
Author is from Australia

Disc: ACAD & PROFESSIONAL
218 X 165 mm
Release Date: August 2018
9781848194144

Paperback
312 pages
AUD\$: 47.99



Way of the Five Seasons

By John Kirkwood

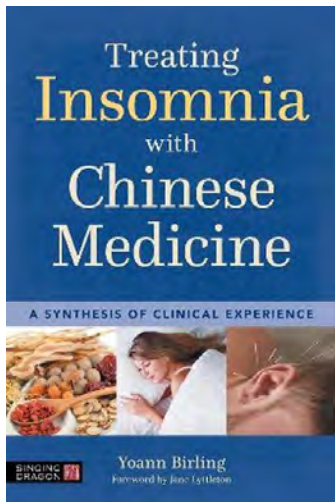


A guide to living the seasons in harmony, the Chinese wisdom tradition way, the book deeply explores the connections between the physical, psychological, emotional, and spiritual levels of human experience.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE
Author is from Australia

Disc: ACAD & PROFESSIONAL
246 X 175 mm
Release Date: May 2016
9781848193017

Paperback
384 pages
AUD\$: 56.99



Treating Insomnia with Chinese Medicine

By Yoann Birling

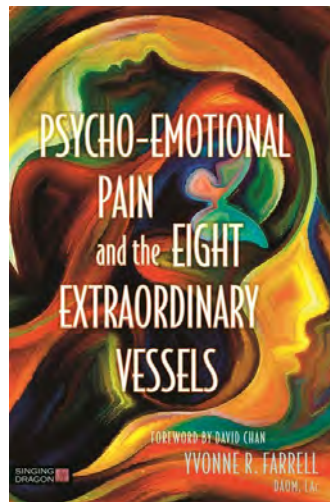


This comprehensive clinical guide on the treatment of insomnia bridges the gap between western and Chinese medicine approaches by clearly presenting the latest research and knowledge from the west.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: September 2022
9781839972300

Paperback
288 pages
AUD\$: 79.99



Psycho-Emotional Pain and the Eight Extraordinary Vessels

By Yvonne R. Farrell, David Chan

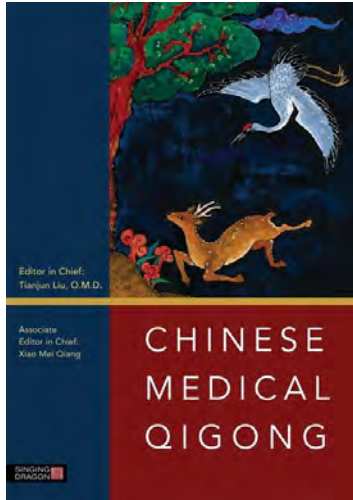


This book is unique in that it discusses the nature of human suffering and how patients can be helped to overcome psycho-emotional pain through work with the Eight Extraordinary Vessels.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

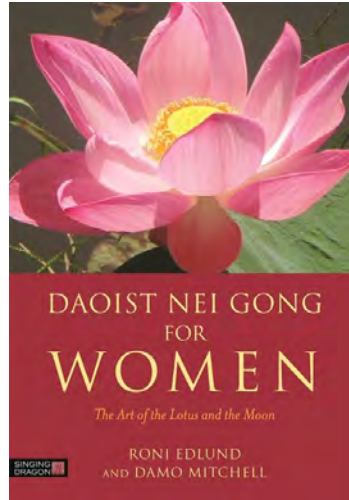
Disc: TRADE INTERNATIONAL
299 X 155 mm
Release Date: September 2016
9781848192928

Paperback
224 pages
AUD\$: 71.99



Chinese Medical Qigong

By Tianjun Liu, Xiao Mei Qiang



Daoist Nei Gong for Women

By Roni Edlund, Damo Mitchell



Based on the latest edition of the approved textbook on Medical Qigong used in Chinese universities, this authoritative paperback edition has been completely revised and edited to meet the needs of western practitioners.

Although the energetic anatomy of men and women is different, the ancient teachings of Nu Dan, a separate branch of internal alchemy for women, have been lost in the literature over the centuries and only survive through practice.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

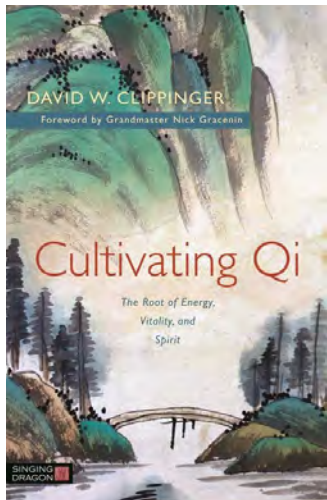
JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
244 X 173 mm
Release Date: July 2013
9781848190962

Paperback
408 pages
AUD\$: 76.99

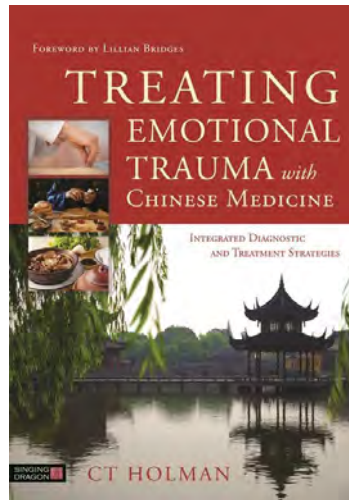
Disc: TRADE INTERNATIONAL
230 X 156 mm
Release Date: July 2016
9781848192973

Paperback
288 pages
AUD\$: 50.99



Cultivating Qi

By David W. Clippinger, Grandmaster Nick Gracenin



Treating Emotional Trauma with Chinese Medicine

By CT Holman



How can Qi offer you the means, tools and will to live a life of balance? Explaining what Qi is, where it comes from, how we use it, and how we can cultivate it in order to achieve wholeness and balance.

Emotional trauma can upset the harmony of the body and reduce the body's ability to heal and regulate itself. Once the traumas are identified and treated, the body will function at an optimum level and will respond to treatments.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

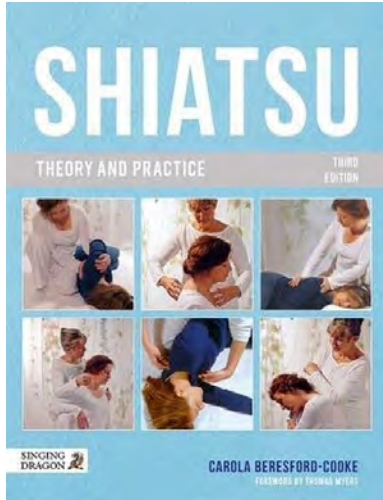
JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
214 X 138 mm
Release Date: November 2016
9781848192911

Paperback
208 pages
AUD\$: 39.99

Disc: TEXT
260 X 187 mm
Release Date: January 2018
9781848193185

Hardback
384 pages
AUD\$: 89.99



Shiatsu Theory and Practice

By *Carola Beresford-Cooke*

NEW EDITION

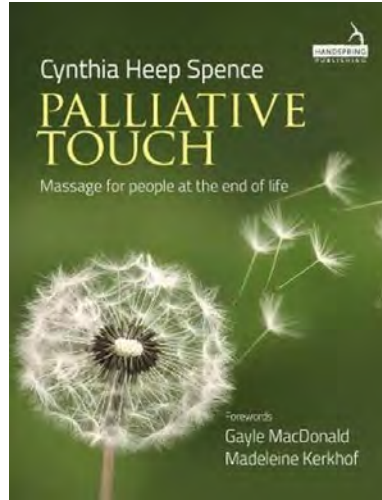


Written by a well-known and highly respected author and practitioner within the field, Shiatsu Theory and Practice is a complete introduction to the theory and practice of Zen shiatsu.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
244 X 188 mm
Release Date: September 2022
9781839975301

Paperback
432 pages
NOT ILLUSTRATED
AUD\$: 91.99



Palliative Touch

By *Cynthia Spence*

NEW

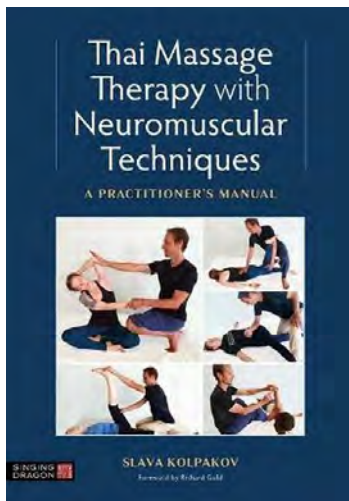


With the support of palliative care and hospice, a growing number of people are choosing the kinds of experiences they want at the end of life. Massage can offer moments of comfort, wellbeing, and beauty at a challenging time for patients.

HANDSPRING PUBLISHING
Category: FAMILY & HEALTH

Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: December 2022
9781913426194

Paperback
200 pages
COLOUR SECTION(S)
AUD\$: 72.99



Thai Massage with Neuromuscular Techniques

By *Slava Kolpakov, Dr. Richard Gold*

NEW

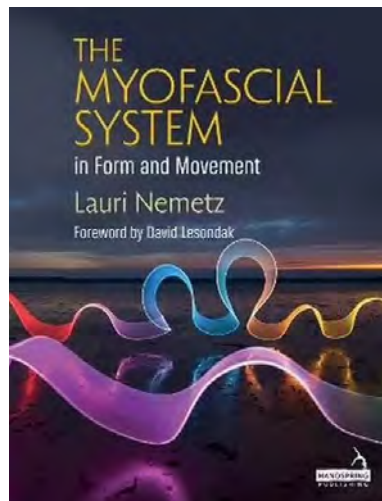


This high-level and comprehensive visual manual teaches students in the application of Thai massage, focussing on neuromuscular treatments.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: August 2022
9781839970559

Paperback
224 pages
B&W THROUGHOUT
AUD\$: 59.99



The Myofascial System in Form and Movement

By *Laurie Nemetz*

NEW

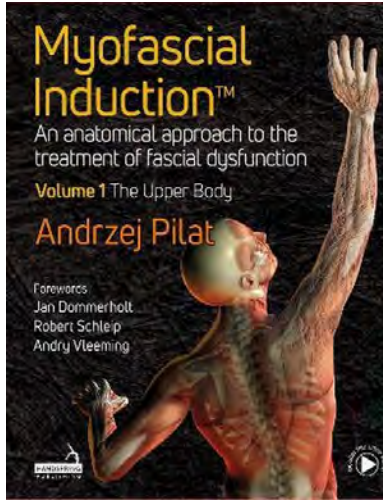


This book is intended to help the reader be part of the rich movement dialogue in the rapidly changing field of myofascial science and to spark conversation between diverse professions from the physical trainer to the physicist.

HANDSPRING PUBLISHING
Category: PRE-CLINICAL MEDIC

Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: January 2023
9781912085798

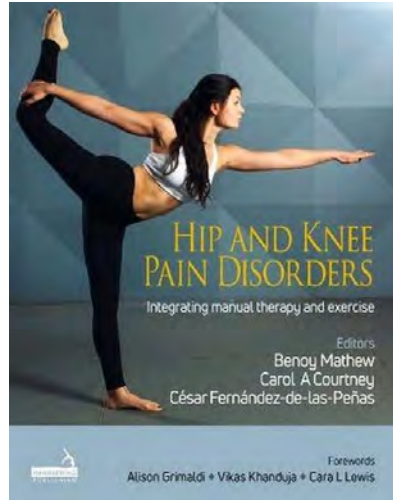
Paperback
208 pages
COLOUR SECTION(S)
AUD\$: 72.99



Myofascial Induction (TM)

By Andrzej Pilat

NEW



Hip and Knee Pain Disorders

By Benoy Mathew, Carol Courtney

NEW



Myofascial Induction (TM) - An anatomical approach to the treatment of fascial dysfunction describes the properties of the fascial network and provides therapeutic solutions for different types of fascial dysfunction.

Hip and Knee Pain Disorders has been written to provide a state-of-the-art, evidence-informed and clinically informed overview of the examination and conservative management of hip/knee pain conditions.

HANDSPRING PUBLISHING
Category: COMPLE'TARY MEDICINE

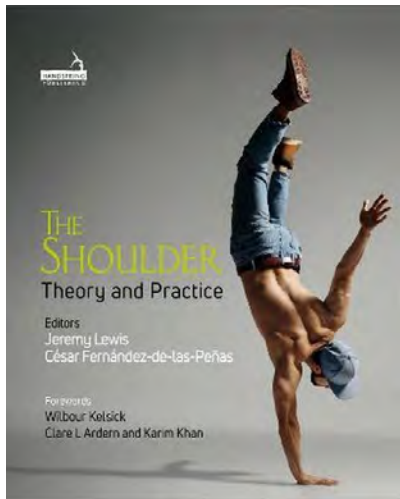
HANDSPRING PUBLISHING
Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL
280 X 225 mm
Release Date: October 2022
9781913426330

Hardback
520 pages
AUD\$: 226.00

Disc: TRADE INTERNATIONAL
276 X 220 mm
Release Date: September 2022
9781913426132

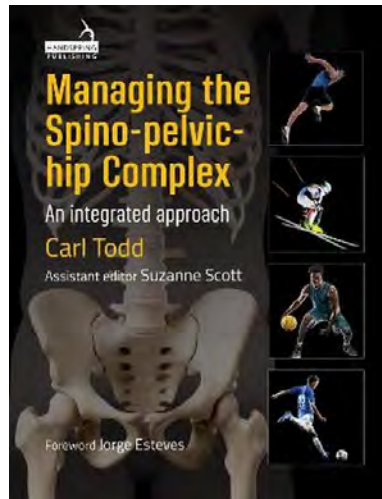
Hardback
476 pages
NOT ILLUSTRATED
AUD\$: 148.00



The Shoulder

By Cesar Fernandez-de-las-Penas, Jeremy Lewis

NEW



Managing the Spino-Pelvic-Hip Complex

By Carl Todd

NEW



The Shoulder: Theory & Practice presents a comprehensive fusion of the current research knowledge and clinical expertise that will be essential for any clinician.

Managing the Spino-Pelvic-Hip Complex is based on the author's extensive clinical experience of assessing and treating athletes at all levels. For nearly 20 years his work has been in the field of high-performance sport.

HANDSPRING PUBLISHING
Category: NURSING & ANCILLARY

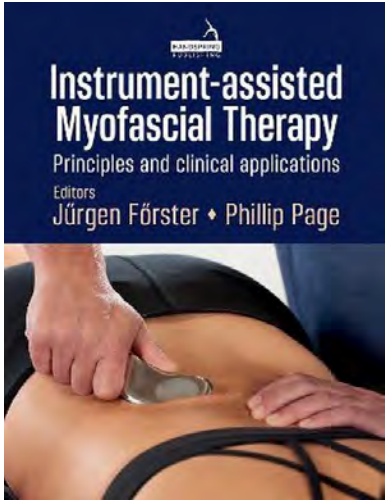
HANDSPRING PUBLISHING
Category: COMPLE'TARY MEDICINE

Disc: ACAD & PROFESSIONAL
285 X 225 mm
Release Date: September 2022
9781913426170

Hardback
712 pages
COLOUR SECTION(S)
AUD\$: 167.00

Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: January 2023
9781913426293

Paperback
248 pages
COLOUR SECTION(S)
AUD\$: 103.00



Instrument-Assisted Myofascial Therapy

By Jurgen Foerster, Phillip Page

NEW

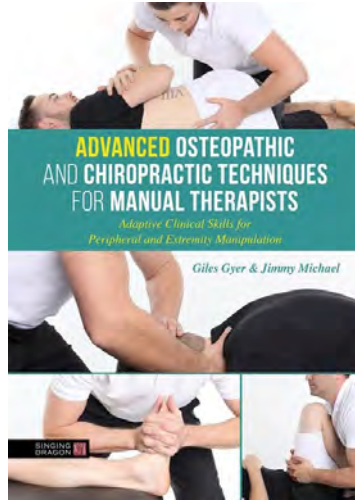


Instrument-Assisted Myofascial Therapy - principles and clinical applications provides a complete overview of this effective therapy (IAMT) based on the authors' own clinical experience of using instruments to treat myofascial lesions.

HANDSPRING PUBLISHING
Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: March 2023
9781913426453

Paperback
232 pages
COLOUR SECTION(S)
AUD\$: 96.99



Advanced Osteopathic and Chiropractic Techniques for Manual Therapists

By Giles Gyer, Jimmy Michael

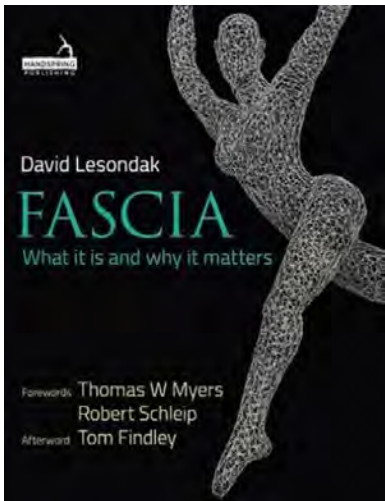


Develop your knowledge of chiropractic and osteopathy with this comprehensive guide to advanced skills and peripheral manipulation techniques.

JESSICA KINGSLEY PUBLISHERS
Category: OTHER MEDICINE

Disc: TRADE INTERNATIONAL
105 X 150 mm
Release Date: August 2020
9780857013941

Hardback
288 pages
AUD\$: 106.00



Fascia

By David Lesondak

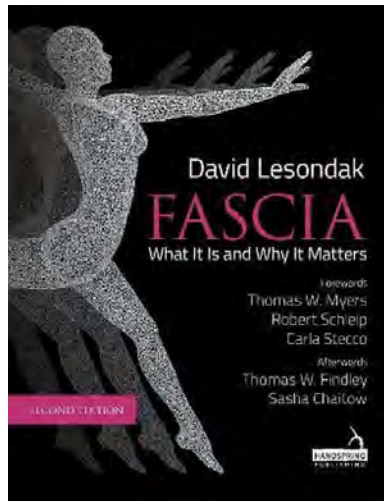


As the title suggests, this book presents a clear and easy to understand explanation of what the fascia is and the role it plays in the body.

HANDSPRING PUBLISHING
Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: December 2017
9781909141551

Paperback
176 pages
B&W THROUGHOUT
AUD\$: 59.99



Fascia 2E

By David Lesondak

NEW EDITION

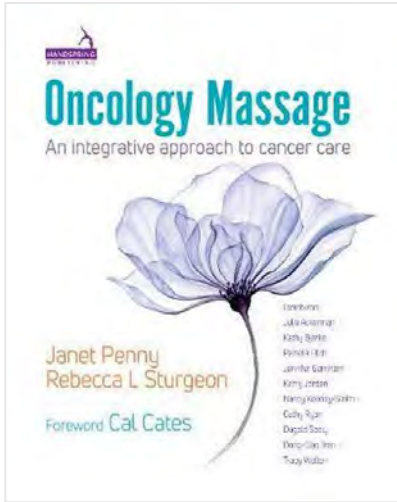


As the title suggests, this book presents a clear and easy to understand explanation of what the fascia is and the role it plays in the body.

HANDSPRING PUBLISHING
Category: FAMILY & HEALTH

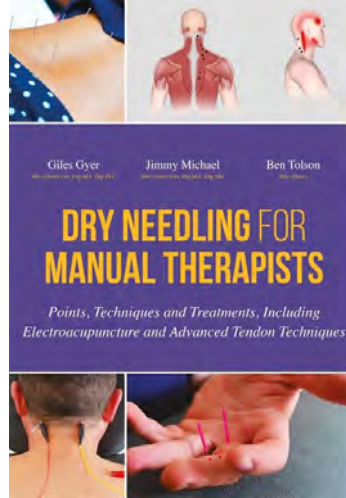
Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: December 2022
9781913426316

Paperback
192 pages
COLOUR SECTION(S)
AUD\$: 61.99



Oncology Massage

By Janet Penny, Rebecca Sturgeon



Dry Needling for Manual Therapists

By Giles Gyer, Jimmy Michael, Michael



In Oncology Massage - an integrative approach to cancer care the authors have created a textbook which will provide both experienced and inexperienced therapists with a resource to expand their knowledge.

Designed to be a go-to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling, or medical acupuncture.

HANDSPRING PUBLISHING
Category: FAMILY & HEALTH

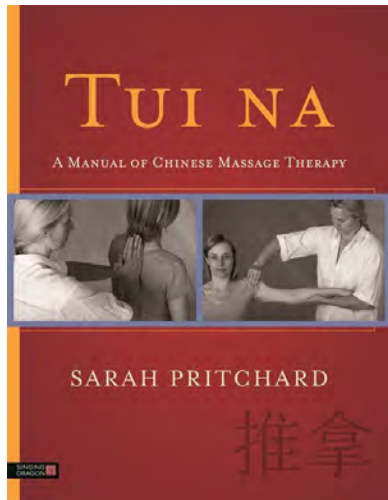
JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: ACAD & PROFESSIONAL
275 X 220 mm
Release Date: July 2021
9781912085750

Paperback
316 pages
COLOUR SECTION(S)
AUD\$: 107.00

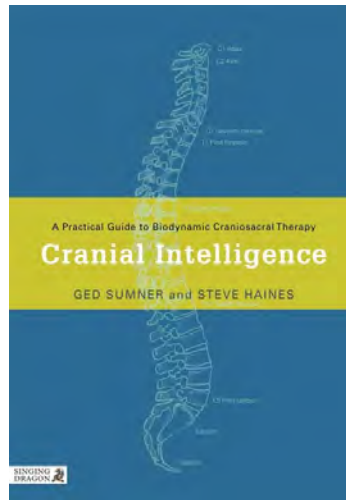
Disc: TRADE INTERNATIONAL
150 X 150 mm
Release Date: March 2016
9781848192553

Hardback
320 pages
AUD\$: 103.00



Tui Na

By Sarah Pritchard



Cranial Intelligence

By Ged Sumner, Steve Haines



Tui Na: A Manual of Chinese Massage Therapy is a comprehensive and well-established handbook for students and practitioners of Tui na in the West. The author describes the roots and development of Tui na.

Ged Sumner is a practicing craniosacral therapist and teaches craniosacral therapy and chi kung. He has also studied shiatsu, healing and attachment based psychoanalytical psychotherapy, and has a degree in chemistry.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

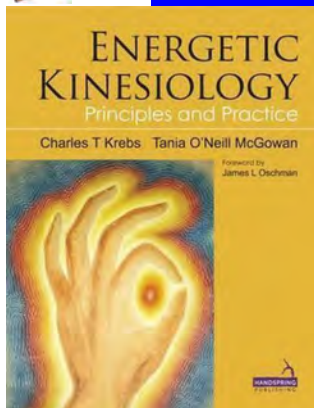
JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
276 X 217 mm
Release Date: July 2015
9781848192690

Paperback
200 pages
AUD\$: 86.99

Disc: TRADE INTERNATIONAL
100 X 100 mm
Release Date: September 2010
9781848190283

Paperback
320 pages
AUD\$: 50.99



Energetic Kinesiology

By Charles Krebs, Tania McGowan

Energetic Kinesiology is an emerging field internationally in the Complementary Health Sciences, gaining more and more scientific support and recognition. This fully referenced textbook describes the field and explains the techniques upon which it is built. It covers the underlying principles, the methods and scientific support for the efficacy of Energetic Kinesiology. It also offers a unique history of Energetic Kinesiology based on the first-hand experience of Charles Krebs who knew most of the originators of Energetic Kinesiology techniques personally. The book is a unique, well-illustrated, single source of a vast array of information, research and clinical knowledge in a format that is both accessible and practical to clinicians and students.

HANDSPRING PUBLISHING
PRE-CLINICAL MEDIC
Disc: ACAD & PROFESSIONAL
Paperback
245 X 190 mm
372 Pages
B&W THROUGHOUT
Rel Date: March 2014
9781909141032
AUD\$: 114.00



Using Nutrigenomics within Personalized Nutrition

By Anne Pemberton, Lorraine Nicolle

This is the comprehensive guide to utilising nutrigenomics in clinical practice. A cutting-edge field, nutrigenomics examines the effects of foods on gene expression. From a comprehensive patient history and appropriate testing, practitioners can work with the patient to correct underlying biochemical imbalances that may predispose to a disease, using nutrigenomics as a guidance tool. The book covers everything a practitioner needs to know, from the difference between nutrigenomics and epigenetics to what to consider when incorporating nutrigenomics with functional medicine.

JESSICA KINGSLEY PUBLISHERS
MEDICINE: GEN ISSUES
Disc: ACAD & PROFESSIONAL
Hardback
252 X 176 mm
224 Pages
Rel Date: September 2022
9781848194137
AUD\$: 57.99



Oral Health and Systemic Disease

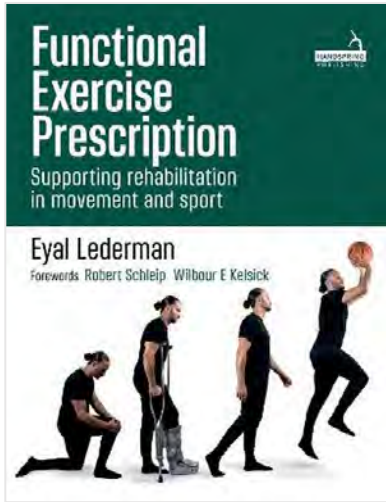
By Rose Holmes

Covering specific mouth and dental conditions such as ulcers, halitosis and tooth grinding, this book recognises the link between these conditions and systemic diseases. It provides a review some aspects of the basic anatomy and physiology of the mouth and teeth, such as biofilms, quorum sensing and cavitations, alongside information from current research. The book also includes discussion of the impact of natural ageing processes, satiety and taste perception as these associates with oral (and systemic) health. Discussing associations to systemic diseases such as cardiovascular disease, diabetes and adverse pregnancy outcomes, the book offers scientifically evidenced protocol possibilities and a balanced viewpoint.

JESSICA KINGSLEY PUBLISHERS
MEDICINE: GEN ISSUES
Disc: ACAD & PROFESSIONAL
Paperback
254 X 178 mm
304 Pages
NOT ILLUSTRATED
Rel Date: June 2022
9781848194113
AUD\$: 79.99



NEW



Functional Exercise Prescription

By *Eyal Lederman*

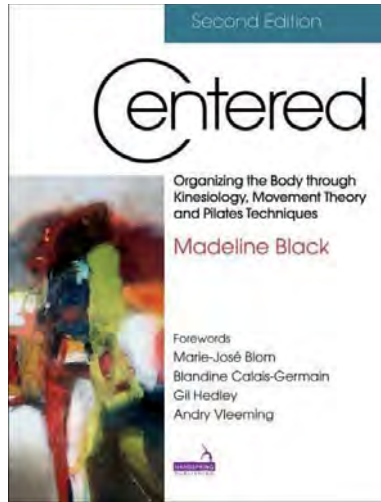


In Functional Exercise Prescription Eyal Lederman presents a revolutionary new approach for exercise prescription that uses the individual's own movement repertoire.

HANDSPRING PUBLISHING
Category: COMPLE'TARY MEDICINE

Disc: ACAD & PROFESSIONAL
1 X 1 mm
Release Date: November 2022
9781912085484

Paperback
264 pages
COLOUR SECTION(S)
AUD\$: 91.99



Centered 2/e

By *Madeline Black*

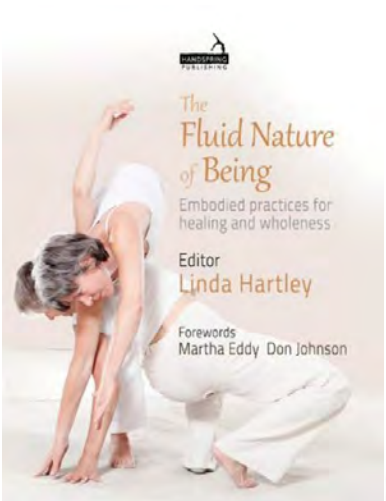


The second edition of Centered offers movement practitioners an interdisciplinary approach to physical training that combines the newest advances in science, adaptative biotensegrity principles, and the synthesis of Pilates, yoga and more.

HANDSPRING PUBLISHING
Category: FAMILY & HEALTH

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: October 2022
9781912085958

Paperback
400 pages
COLOUR SECTION(S)
AUD\$: 107.00



The Fluid Nature of Being

By *Linda Hartley*

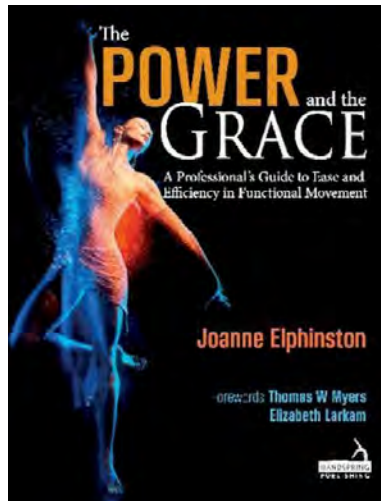


The Fluid Nature of Being is a collection of writings by practitioners of Integrative Bodywork & Movement Therapy (IBMT), an approach to somatic movement education and therapy.

HANDSPRING PUBLISHING
Category: DANCE & PERF'NG ARTS

Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: October 2022
9781913426491

Paperback
280 pages
AUD\$: 79.99



The Power and the Grace

By *Joanne Elphinston*

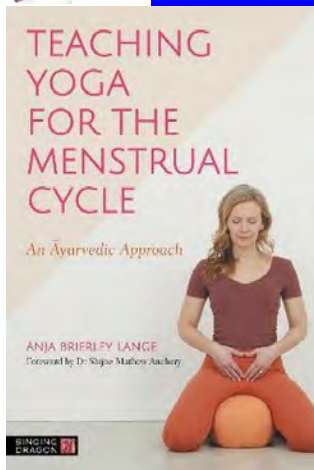


Designed for Pilates and yoga teachers, health and rehabilitation professionals, 'The Power and the Grace' demystifies functional movement and integrates the science of movement with the art of teaching it.

HANDSPRING PUBLISHING
Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: January 2020
9781912085385

Paperback
264 pages
AUD\$: 93.99



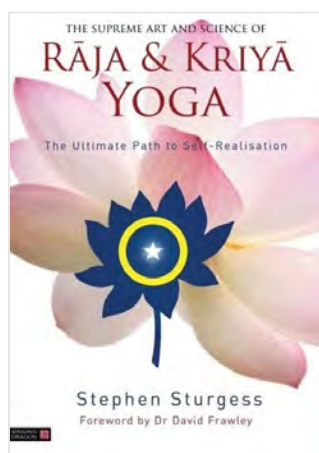
NEW

Teaching Yoga for the Menstrual Cycle

By Anja Brierley Lange

Menstrual cycle awareness is crucially important when trying to understand the needs of your yoga students and this guide will give you the knowledge you need to confidently address the menstrual cycle when teaching students in group and one-on-one settings via the principles of both western and Ayurvedic approaches. This book addresses the importance of the menstrual cycle and how Ayurvedic principles can best be applied to understand the anatomical, physiological, and hormonal changes that take place during different stages and weeks throughout the menstrual cycle. Anja Brierley Lange highlights the purpose and importance of each phase of the menstrual cycle and how yoga teaching can and should be tailored accordingly to your students' menstrual needs.

JESSICA KINGSLEY PUBLISHERS
 MIND, BODY, SPIRIT
 Disc: ACAD & PROFESSIONAL
 Paperback
 229 X 152 mm
 224 Pages
 NOT ILLUSTRATED
 Rel Date: January 2023
9781839972478
AUD\$: 49.99



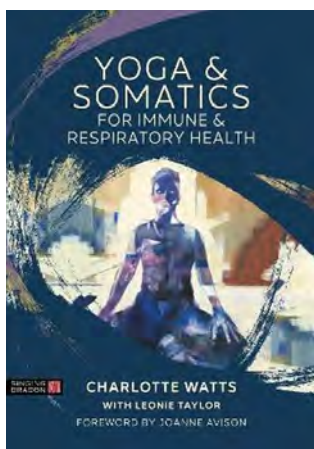
NEW

The Supreme Art and Science of Raja and Kriya Yoga

By Stephen Sturgess, David Frawley

Stephen Sturgess draws on decades of study and practice to present a comprehensive and engaging account of Raja and Kriya Yoga. These authentic forms represent true Yoga, and their practice provides spiritual seekers with the ultimate pathway towards self-realisation, inner freedom and ineffable peace and joy. The book begins by providing a complete view of Yoga and its spiritual dimensions, including an account of the history and philosophy of all Yoga traditions. It then covers Raja and Kriya Yoga in depth, with instruction on the asanas, breathing techniques and meditations of each tradition. With a glossary and an introduction to Sanskrit, this book provides everything a truth-seeker needs to embark on the journey to spiritual awakening.

JESSICA KINGSLEY PUBLISHERS
 MIND, BODY, SPIRIT
 Disc: ACAD & PROFESSIONAL
 Paperback
 254 X 178 mm
 536 Pages
 Rel Date: February 2023
9781839977596
AUD\$: 86.99



NEW

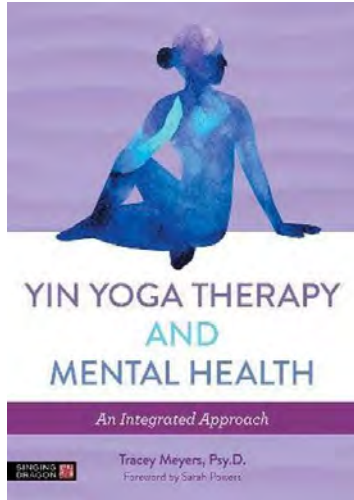
Yoga and Somatics for Immune and Respiratory Health

By Charlotte Watts

Our respiratory and immune systems are intrinsically linked to how we relate to the world around us. Engaging with our vitality through the movement we were designed to express equips us with an invaluable ability to support the optimal functioning of our internal systems. This book explains how movement, embodied awareness, and self-compassion can be incorporated into yoga practice to support respiratory and immune health. It delves into how stress, trauma, breath, movement, and posture can impact the quality of these systems and how yoga teachers can integrate a range of practises focussing on movement, meditation, and breath to help improve them.

JESSICA KINGSLEY PUBLISHERS
 COMPLETARY MEDICINE
 Disc: TRADE INTERNATIONAL
 Paperback
 246 X 173 mm
 352 Pages
 B&W THROUGHOUT
 Rel Date: November 2022
9781839970870
AUD\$: 62.99

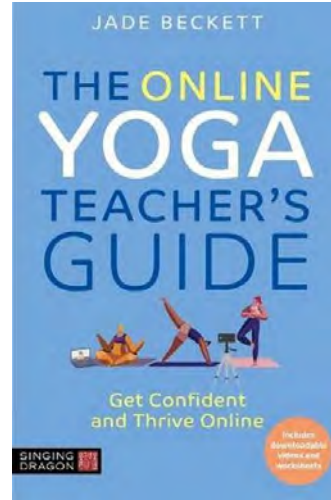




Yin Yoga Therapy and Mental Health

By Tracey Meyers

NEW



The Online Yoga Teacher's Guide

By Jade Beckett

NEW



A highly illustrated guide to integrating Yin Yoga into treatment plans for substance abuse and mental health conditions. Yoga therapists, yoga teachers and mental health professionals will learn how to use accessible techniques.

Online yoga classes are becoming increasingly popular and necessary. With a down-to-earth and friendly approach, this book guides yoga teachers on how to develop a streamlined and successful online yoga business.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

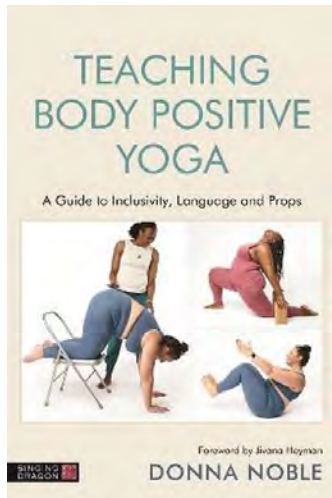
JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: September 2022
9781848194151

Paperback
304 pages
B&W THROUGHOUT
AUD\$: 56.99

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: September 2022
9781839971808

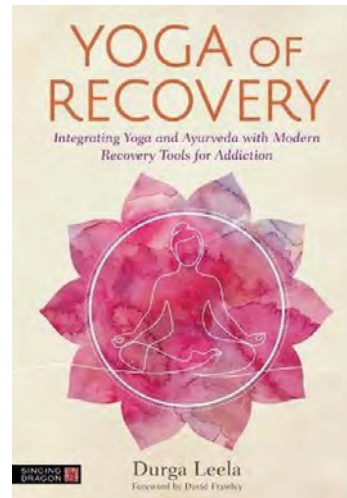
Paperback
160 pages
AUD\$: 54.99



Teaching Body Positive Yoga

By Donna Noble, Jivana Heyman

NEW



Yoga of Recovery

By Durga Leela, David Frawley

NEW



Donna Noble draws on years of experience teaching body positive yoga to help yoga teachers host truly inclusive classes. Covering the philosophy and history of the body positivity movement, as well as providing tips on language.

Durga Leela presents an empowering, personal recovery program for yoga teachers and yoga therapists supporting clients through recovery from addiction. She integrates yoga philosophy and physical practices.

JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

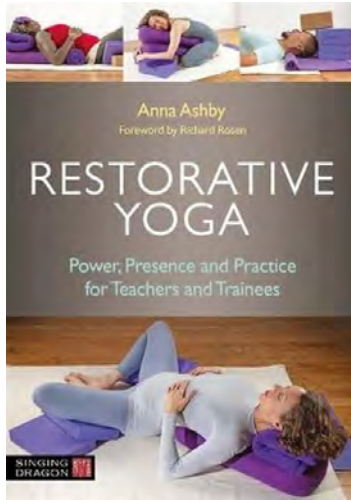
JESSICA KINGSLEY PUBLISHERS
Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: September 2022
9781787753358

Paperback
208 pages
B&W THROUGHOUT
AUD\$: 45.99

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: August 2022
9781787757554

Paperback
256 pages
B&W THROUGHOUT
AUD\$: 56.99



Restorative Yoga

By Anna Ashby, Richard Rosen



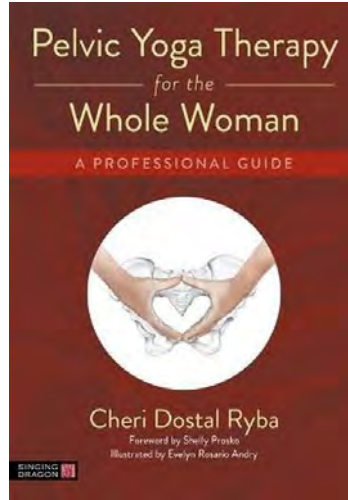
From Anna Ashby, one of the first yoga teachers in the UK to offer this style, comes a complete overview of restorative yoga for teachers, trainees and experienced students.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: TRADE INTERNATIONAL
246 X 173 mm
Release Date: June 2022
9781787757394

Paperback
256 pages
COLOUR SECTION(S)
AUD\$: 60.99



Pelvic Yoga Therapy for the Whole Woman

By Cheri Dostal Ryba, Shelly Prosko



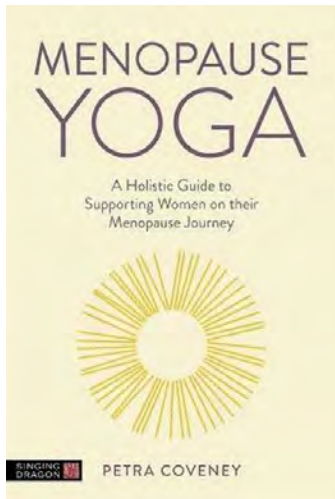
Focusing on women's pelvic health through yoga therapy, this evidence-based resource covers the intersections of biomechanics, self-study through yoga philosophy, emotional resilience, pain science and dynamic strategies.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: May 2022
9781787756649

Paperback
320 pages
B&W THROUGHOUT
AUD\$: 61.99



Menopause Yoga

By Petra Coveney, Dr Louise Newson



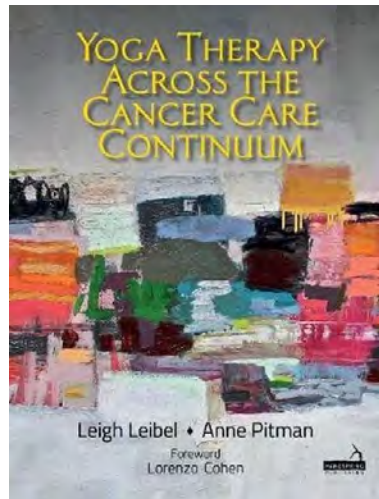
Bringing together western medical science and eastern wellbeing for menopause education, this book helps yoga teachers develop their understanding of menopause and women's health as well as support their students.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: February 2022
9781787758896

Paperback
256 pages
B&W THROUGHOUT
AUD\$: 52.99



Yoga Therapy across the Cancer Care Continuum

By Leigh Leibel, Anne Pitman



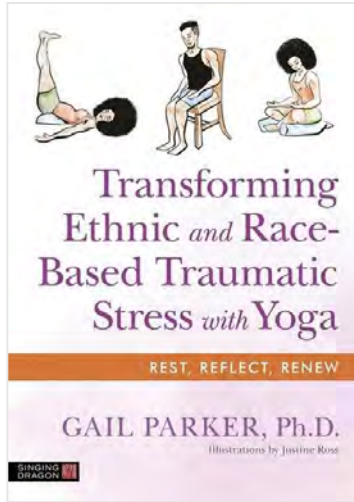
Cancer. The word itself can spark fear and sets off a flurry of appointments, tests, and decisions, often leading to interminable waiting for diagnostic results and next steps.

HANDSPRING PUBLISHING

Category: NURSING & ANCILLARY

Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: January 2023
9781912085910

Paperback
176 pages
B&W THROUGHOUT
AUD\$: 63.99



Transforming Ethnic and Race-Based Traumatic Stress with Yoga

By Gail Parker, Justine Ross



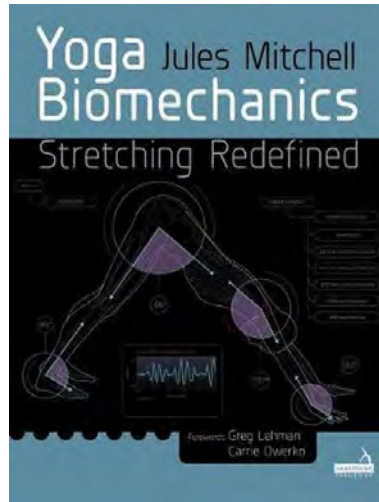
This is a follow-up workbook to Gail Parker's Restorative Yoga for Ethnic and Race-Based Stress and Trauma, for readers who want to delve deeper into restorative practice.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: ACAD & PROFESSIONAL
246 X 173 mm
Release Date: February 2022
9781787757530

Paperback
160 pages
COLOUR SECTION(S)
AUD\$: 45.99



Yoga Biomechanics

By Jules Mitchell



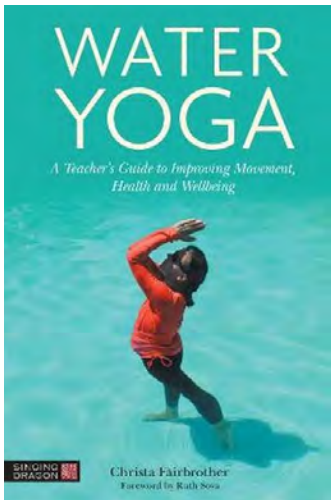
Yoga Biomechanics: Stretching Redefined provides a unique evidence-based exploration into the complexities of human movement and what a safe, effective yoga practice entails.

HANDSPRING PUBLISHING

Category: FAMILY & HEALTH

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: May 2019
9781909141612

Paperback
272 pages
B&W THROUGHOUT
AUD\$: 94.99



Water Yoga

By Christa Fairbrother, Ruth Sovo



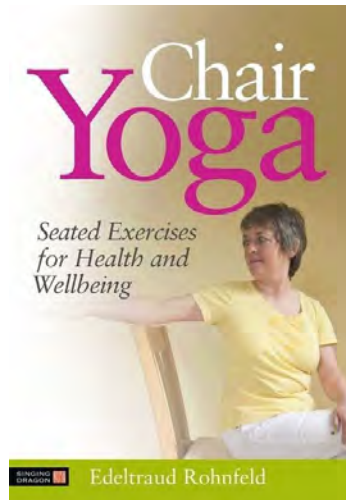
This guide provides yoga teachers, therapists and rehab professionals with the skills required to create an inclusive, accessible aqua yoga environment.

JESSICA KINGSLEY PUBLISHERS

Category: MIND, BODY, SPIRIT

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: November 2022
9781839972850

Paperback
224 pages
B&W THROUGHOUT
AUD\$: 68.99



Chair Yoga

By Edeltraud Rohnfeld



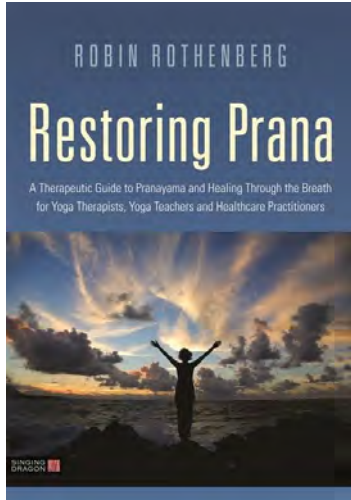
Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities. This step-by-step program can be practiced by virtually anyone.

JESSICA KINGSLEY PUBLISHERS

Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
244 X 172 mm
Release Date: November 2011
9781848190788

Paperback
192 pages
AUD\$: 39.99



Restoring Prana

By Robin L. Rothenberg, Kirsteen Wright

BESTSELLER

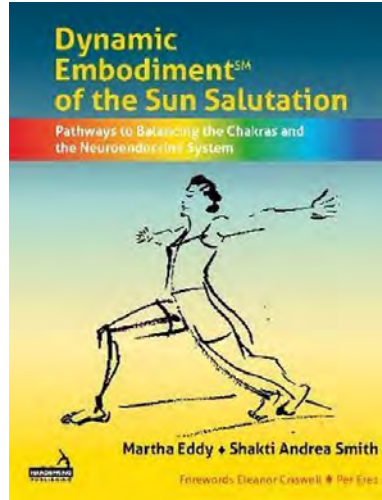


One of the most common issues clients faces is lack of energy, vitality or prana and this book presents a simple yet revolutionary breathing approach to restore balance.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
252 X 178 mm
Release Date: February 2020
9781848194014

Paperback
408 pages
AUD\$: 86.99



Dynamic Embodiment of the Sun Salutation

By Martha Eddy, Shakti Andrea Smith

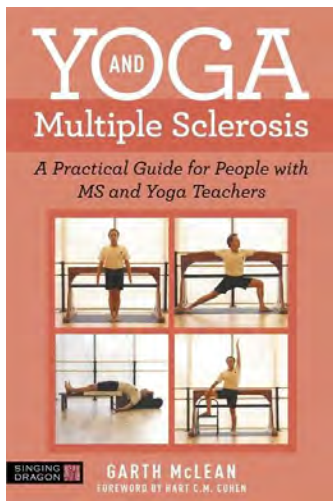


Dynamic Embodiment of the Sun Salutation: Pathways to Balancing the Chakras and the Neuroendocrine System guides you to do the Sun Salutation with more ease by integrating awareness of glandular and chakral embodiment cues.

HANDSPRING PUBLISHING
Category: COMPLE'TARY MEDICINE

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: January 2022
9781912085996

Paperback
252 pages
B&W THROUGHOUT
AUD\$: 77.99



Yoga and Multiple Sclerosis

By Garth McLean, Hart C.M. Cohen

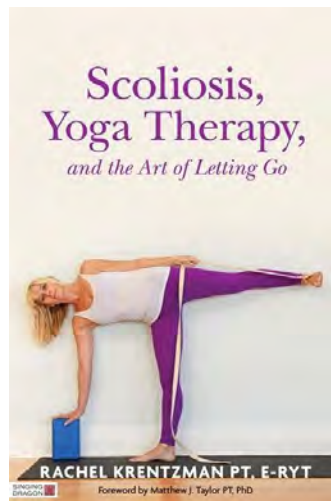


Enhancing the physical and mental health of people with Multiple Sclerosis through key postures and breathing techniques, this guide shows how to manage specific symptoms of MS.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
100 X 100 mm
Release Date: February 2021
9781787753006

Paperback
352 pages
AUD\$: 39.99



Scoliosis, Yoga Therapy, and the Art of Letting Go

By Rachel Krentzman, Matthew J. Taylor

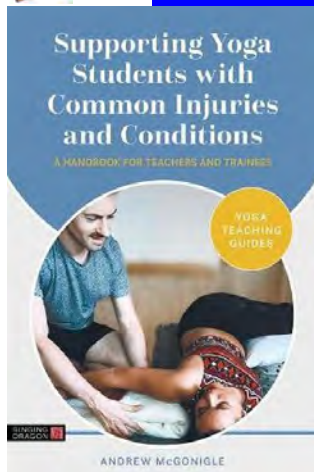


Aged 16, Rachel Krentzman was diagnosed with scoliosis. At 32 she suffered a herniated disk and was told she would have to modify her activities for the rest of her life.

JESSICA KINGSLEY PUBLISHERS
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL
226 X 150 mm
Release Date: December 2016
9781848192720

Paperback
120 pages
AUD\$: 36.99

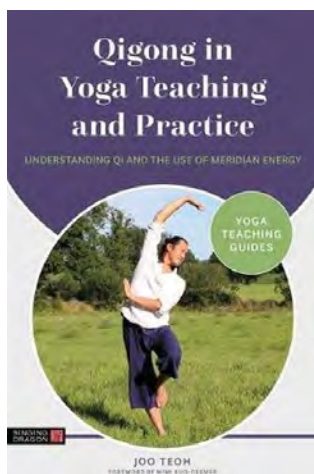


Supporting Yoga Students with Common Injuries and Conditions

By Andrew McGonigle

This handbook guides yoga teachers and trainees in how to approach teaching students with common injuries and health conditions safely, confidently, and in a manner that empowers students. Dr Andrew McGonigle combines his medical background with extensive knowledge of yoga to address common injuries in detail with an in-depth review of anatomy. The book describes the psychology of pain and injury with reference to the latest research on pain and biomechanics. It also provides advice and tips on how to modify yoga techniques to suit the needs of students with injuries. Detailed illustrations throughout the book provide a visual guide to support understanding.

JESSICA KINGSLEY PUBLISHERS
MIND, BODY, SPIRIT
Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
272 Pages
B&W THROUGHOUT
Rel Date: July 2021
9781787754690
AUD\$: 45.99

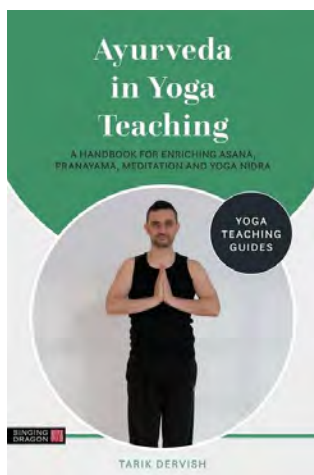


Qigong in Yoga Teaching and Practice

By Joo Teoh, Mimi Kuo-Deemer

This book inspires yoga teachers to explore the synergy between qigong and yoga sequencing through an exploration of how qigong principles, postures and themes can be incorporated into yoga. It allows yoga teachers to add a dimension of physical and energetic awareness during movement and in asana. Introducing key concepts, Joo Teoh demonstrates the application of each aspect as well as addressing variations and adaptations for different physical limitations. This book is also supported by black and white illustrations and photographs. This book is part of the series 'Yoga Teaching Guides', which provides expert information on essential topics as well as ideas for creative teaching.

JESSICA KINGSLEY PUBLISHERS
MIND, BODY, SPIRIT
Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
160 Pages
Rel Date: August 2021
9781787756526
AUD\$: 38.99



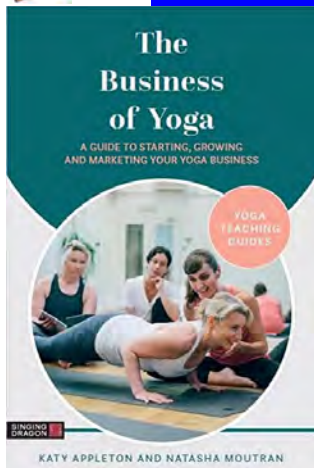
Ayurveda in Yoga Teaching

By Tarik Dervish, Masha Pimas

Enabling yoga teachers to use and integrate Ayurveda principles and practices in their teaching, Tarik Dervish offers practitioners the skills needed to adapt their classes, and deliver workshops and courses that will meet the needs of students throughout the changing seasons and stages of life. The book includes chapters on teaching asana, pranayama and yoga nidra with an ayurvedic approach, how to adapt to the seasons, integrate marma points and courses and lesson planning. Part of Singing Dragon's Yoga Teaching Guides series, Ayurveda in Yoga Teaching is essential for those wanting to deepen their understanding of yoga's sister science.

JESSICA KINGSLEY PUBLISHERS
MIND, BODY, SPIRIT
Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
288 Pages
B&W THROUGHOUT
Rel Date: February 2022
9781787755956
AUD\$: 45.99





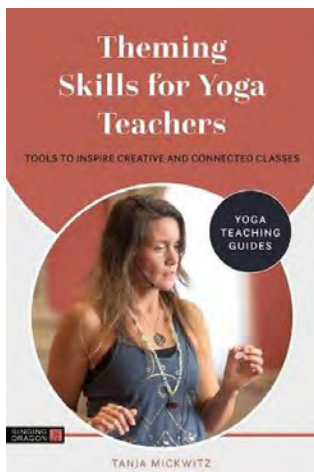
NEW

The Business of Yoga

By Katy Appleton, Natasha Moutran

Many yoga teachers feel overwhelmed when it comes to grappling with the marketing and entrepreneurial aspects of their yoga business. With the market for yoga teachers becoming increasingly saturated, it is crucial that yoga teachers understand what makes their offering unique to implement a focussed business strategy. This part-guide, part workbook helps yoga teachers bridge the gap between the spiritual essence of being a yoga teacher and the financial viability of their business and is based on the authors two decades worth of experience. Covering everything from the nuts and bolts of starting out as a yoga teacher, to navigating social media there is something for everyone, whether you're just starting out on your journey, or trying to propel your career to the next level. This book is part of the series Yoga Teaching Guides, which provides expert information on essential topics as well as ideas for creative teaching.

JESSICA KINGSLEY PUBLISHERS
 MIND, BODY, SPIRIT
 Disc: ACAD & PROFESSIONAL
 Paperback
 229 X 152 mm
 160 Pages
 Rel Date: January 2023
9781787756427
AUD\$: 38.99



Theming Skills for Yoga Teachers

By Tanja Mickwitz

From the perspective of yoga philosophy, mythology, poses, and nature, Theming Skills for Yoga Teachers provides guidance in how to skilfully theme yoga classes with greater depth and give students meaningful ways to integrate yoga into their lives beyond the mat. The book encourages autonomy of interpretation whilst also providing questions and exercises at the end of each chapter to help inspire ideas and form a synergy of practical application and creativity. This book will allow yoga teachers and trainees to create more meaningful yoga sessions and hone their teaching ability in order to provide a more memorable and holistic learning experience.

JESSICA KINGSLEY PUBLISHERS
 MIND, BODY, SPIRIT
 Disc: ACAD & PROFESSIONAL
 Paperback
 229 X 152 mm
 112 Pages
 B&W THROUGHOUT
 Rel Date: January 2022
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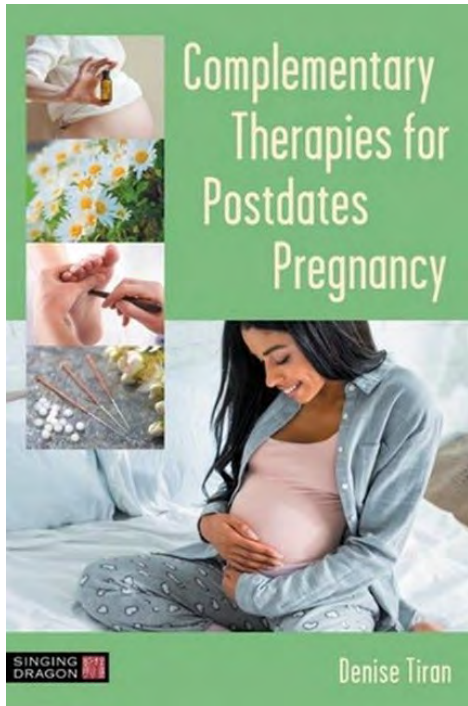
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By Alison Leighton, Joe Taft

This book is ideal for all yoga teachers and trainees looking to create a consistent and personal home yoga practice. Whether you're newly qualified and looking for ways to establish a home practice routine or have been teaching for a long time and are in need of fresh inspiration, this book is packed with tried-and-tested advice. Alison Leighton and Joe Taft provide logical and practical guidance in how to successfully use a home environment as an effective platform for teaching. They also show how a deep engagement with your own practice can nurture understanding, creativity and intelligence to the benefit of your students.

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Pauline Wills is a qualified yoga instructor, reflexologist and colour practitioner and pioneered the integration of colour with reflexology.

Her first introduction to the healing power of colour was through yoga and then through the Maitreya School of Colour Healing.

She is the co-founder of The Oracle School of Colour in London, where she teaches and practises colour therapy and reflexology.

She has written numerous books on complementary therapies.

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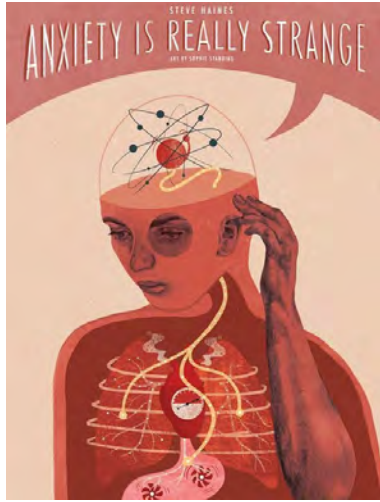
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By Steve Haines, Sophie Standing

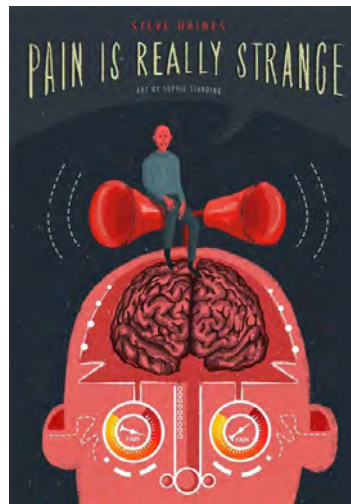


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By Steve Haines, Sophie Standing



Steve Haines has been working in healthcare for over 25 years and as a bodyworker since 1998. Understanding the science of trauma and pain has transformed his approach to healing.

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