

Simple Concepts for Ageless Movement

the
McCall
Body
BALANCE
METHOD

Lisa Ann McCall

The McCall Body Balance Method Simple Concepts For Ageless Movement

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The McCall Body Balance Method Simple Concepts For Ageless Movement:

The McCall Body Balance Method Lisa Ann McCall, 2001 The Nia Technique Debbie Rosas, Carlos

Rosas, 2005-01-25 the strength of Pilates the flexibility of yoga the muscle tone of strength training and top notch aerobic fitness all through the revolutionary pleasure based fitness program that gets you in shape from the inside out The hottest new trend in mind body wellness Nia which stands for Neuromuscular Integrative Action is the most advanced form of fusion fitness blending martial arts healing arts dance and spiritual self healing to create a high powered synergistic workout that no isolated exercise technique can match Created by fitness pioneers Debbie Rosas and Carlos Rosas Nia presents an entirely new philosophy of exercise one that will not only keep you in fantastic shape but will also help you rediscover the joy of movement and being at home in your body The Nia Technique is the first and only book to share the workouts so popular at gyms and spas across the country outlining the basic Nia moves or katas that can be performed easily at home and adapted to your own level of fitness With moves drawn from nine fitness disciplines including tae kwan do tai chi yoga Feldenkrais jazz dance and modern dance Nia promotes strength and muscle definition without the use of weights and its freeing dance like regimen provides a medium for self healing You ll tighten tone lengthen strengthen and lose pounds and inches and have fun doing it You ll learn to follow the body s way a breakthrough fitness concept that teaches you to move in the way that most benefits your individual body and you ll learn to use visualizations and vocalizations that enhance the benefits of each workout The overall regimen is phenomenally effective because its holistic approach unites the body and the mind and creates an exhilarating path that anyone can follow toward a healthy fit physique lasting weight loss and an unlimited sense of your fitness potential With simple step by step instructions The Nia Technique also shares the inspiring stories of people whose lives have been transformed by the practice of Nia With Nia a new body is just the beginning the ultimate goal is a new life

HUMANISTIC PHILOSOPHY : Humanistic and Pro-Humanistic Ideas, Values, Orientations, Movements, Methods, and Representatives in Philosophy, Science, Society, and Social Practices HARDCOVER EDITION, 2023-05-19 As a sub discipline part of general Philosophy Humanistic Philosophy is focused on and brings in attention especially the category the value concept of Human Being with the meaning of agency individuality subject the person with the attribute of freedom and self determination the respect for the human as individual as a Person in opposition to the approaches that represent the individual human being as a simple statistical element into a social structure system mechanism in history and or society In the second meaning crucial concepts syntagms and ideas values that are bring in attention when we speak therefore of general philosophy as a humanistic discipline are Anthropo Centrism and Person Centered Approach in the general process of philosophical knowledge and investigation Essentially philosophy as a humanistic discipline through all its branches orientations schools and methods is an ethics of the phenomenon process and act of knowledge in general and of the philosophical knowledge in particular an ethics of the human of the man of humanity

and especially ultimately a philosophy of the human as a goal values ideal principle of all the processes acts of knowledge and action epistemologically and methodologically speaking Regarding the Destination of this book its design content and bibliography are made in such a way that to be useful both to the academic scientific community to students teachers and researchers and also to the professional community artists educators managers social workers psychotherapists health professionals human rights activists activists in the political sphere etc

HUMANISTIC SOCIAL WORK - The THIRD WAY / FORCE in Theory, Practice and Politics. Core Qualities, Skills and Conducts of the Practitioner ,2023-11-10 This book is a new appearance of the author Petru Stefaroi within The HUMANISTIC SOCIAL WORK Project In particular in this work the author affirms and supports the thesis according to which as in psychology and psychotherapy the idea thesis and formula Humanistic Psychology Psychotherapy as the Third Way or Force is regularly promoted and used it is the case and the time as in the field of social work to operate with the formula Humanistic Social Work The Third Way or Force in Social Work The third way in practice as a method and the third force in theory as a doctrine If in psychology and psychotherapy the third way force was established by reference to psychoanalysis and behaviorism in social work the third way is established by reference to Traditional social work and Critical social work This third way in social work is imposed in the author s opinion by prioritizing the concept of personality bringing this doctrine method and practice of social work closer to psychology and psychotherapy to humanistic psychology and psychotherapy But the author specifies in the paper that humanistic psychology and humanistic psychotherapy on the one hand and humanistic social work as theory and practice on the other hand are distinct scientific and practical fields not only by the object of intervention but also by methodology and specifics of practice The aspect is well highlighted in the way it is structured and formulated his The HUMANISTIC SOCIAL WORK Project established as an initiative with the assumed aim to enhance the effective presence of the humanistic and personalistic values theories and practices in social work which usually are stated as fundamental and essential in different programs strategies and policies but less present in fact in the specialized literature in the faculties curricula or in the practice of the professionals and services To this end the project is designed as a philosophical theoretical axiological and methodological framework a heuristic laboratory a philosophical scientific and professional forum where it can be set what might be called the theory axiology and methodology of humanistic social work The project s concept starts from the idea that humanistic social work is not however a distinctive form of social work welfare but rather an ontology epistemology that generates a reaffirmation restatement of the fundamental constitutional humanistic values of social work incorporating in the same time in a relative new coherent and unitary theory all what penetrated in social work in the last decades from humanistic psychology and psychotherapy microsociology and humanistic sociology human rights philosophy movement and especially what was established as humanistic method in the contemporary social work practice and literature The core aspect of the humanistic social work paradigm theory and practice is determined by the way mode humanistic are represented the client

and professional considering the humanequalities resources of the client and professional the critical epistemological and methodological value of the this type of social work One can say that the specific theory of humanistic social work is a conglomerate of theories paradigms orientations but which have some crucial ideas as vectors the person client as personality as human being with sentiments soul desires sufferings needs of love needs of happiness and accomplishments emphasis on personality and compathetical micro community as basic resources of practice positive optimistic and appreciative expectation in practice person centered and microcommunity centered approach in evaluation and intervention concentration on the future and not on the past the human rights social justice a humanistic perspective on the practitioner and his conducts in practice

GENETIC PERSONOLOGY: The Formation, Functioning, and Development of the Person & Personality. A Humanistic-Ontological Approach ,2022-09-15 This new paper of the author focuses on the factors and the processes that determine conditionate and favour ontogenetically the formation and consolidation of what has been consecrated in the literature as personological concept and theory Plenary and Accomplished Person For this purpose he operates with a theoretical psychological and conceptual apparatus with important philosophical valences proposing an ontological humanistic model of interpretation and research of the factors processes stages and mechanisms that lead to the formation of the Personality and especially of the Person as a Whole The work is carried out after a technical introduction referring to the situation and the presence of the subject in the context of the contemporary literature throughout 10 chapters passing gradually from an introductory theoretical exposition opener of operational analysis frameworks to applied and detailed approaches relating to the formation and development of the person personality the humanistic approach and the humanistic ontological approach basic sources factors and conditions basic characteristics laws and principles of the process of formation and development of the person personality the holistic process of personalization A particular attention is paid in the book to the great subprocesses of the holistic processes of personalization of formation of mature fully functioning and humane person personality to the formation of the psychological social relational sphere of the person and finally of formation of the person as a whole Other aspects approached by the author are the beingness the functioning and the development fulfillment of the person personality the education and the therapy counseling in relation to the core theme of the paper Regarding the destination of this paper its design content and bibliography are made in such a way that to be useful both to the academic community to students and teachers and also to the professional community to psychotherapists educators managers social workers artists etc

HUMANISTIC PERSONOLOGY: A HUMANISTIC-ONTOLOGICAL THEORY OF THE PERSON & PERSONALITY. Applications in Therapy, Social Work, Education, Management, and Art (Theater) **2023 PAPERBACK EXPANDED EDITION** ,2023-10-29 This Expanded 2023 Edition of the book entitled HUMANISTIC PERSONOLOGY A HUMANISTIC ONTOLOGICAL THEORY OF THE PERSON PERSONALITY Applications in Therapy Social Work Education Management and Art Theater completes the range of domains brought to attention and

represented from the perspective of humanistic ontological orientation with new domains namely medicine politics technology science ecology and economy work project which as stated in previous editions presents an ontological humanistic theory model for the formation development functioning education and therapy counseling of the human personality person offering a philosophical ontological alternative to the prevailing contemporary psychological biological and cybernetic models in both literature and practice To this end the process of personality person formation is described as a successive and simultaneous creation and establishment of internal autonomous BEINGS onto formations These internal beings onto formations such as the organism the self the soul the ego the mind the consciousness play a dynamic ontological and functional specific role in the composition and the functioning of the personality person The personal profile the personality traits the behavior the human being as a whole are depicted as the outcomes of inner dynamic relationships and ontological confrontations among these internal beings which are energetically and antagonistically charged Through this daring project and through these innovative elements the theory model presented in an improved form also in this edition can represent a significant contribution not only to elucidating and explaining the complex processes of personality person formation development functioning and therapy but also to represent these processes including by invoking the Aristotelian and Platonic concepts of transubstantiation and body soul matter spirit dualism in relation to profound philosophical ontological and metaphysical categories such as human being human essence human nature and human condition bringing the discourse currently located mainly in the sphere of psychology in the sphere of philosophy ontology and ethics as well the formation and development process not leading from the perspective of the model adopted in the project only to the formation of personality and adaptive behavior but also to the formation in a holistic view of the person as a whole of the person as a HUMAN BEING Some of the most significant fragments ideas The essence of the humanistic ontological conception regarding the person the human personality is given by the idea that these are ontological products of some gradual and stadial processes held with the crucial contribution of the concrete contextual contingent socio human cultural and institutional factors where the person grows and lives Very important are therefore the personal human factors In our ontological humanistic model of formation beingness and functioning of the person personality of the human being we will speak therefore about characteristics properties processes principles such as onto formatization persomization and promergence emergence and imergence transmergence and telegence conmergence and sinmergence about stages of evolution formation development establishment of the personal ontological psychological formations of the person as a whole such as of contact of acquisition accumulation of structuration centralization of constitution holistization of establishing networking and finally of ontification fulfillment and about ontological subjective humane and spiritual experiences feelings that represent substances motivational energetical sources and resorts of forming of the personality person s onto formations and spheres

The Humanistic Approach in Psychology & Psychotherapy, Sociology & Social Work, Pedagogy &

Education, Management and Art: Petru Stefan, 2012-12-30 In this book is realized a brief presentation of the main orientations and features of the Humanistic Theory and Method in the major socio human sciences domains and practices As construction structure and content this book cumulates incorporates synthesizes and develops in a new original and unitary work a number of the author s previous works consecrated to the humanistic approach and method in some socio human sciences and practices especially in Psychology and Psychotherapy Sociology Social Work Education and Management published up to the end of 2012 both in print and electronic format In the process of realization of this works including of this book was taken into consideration and was consulted the universal social and therapeutic literature of humanistic orientation with the two main directions existential positive and spiritual ontological humanitarian or the one that describes it or refers to it Essentially the Existential Positive Orientations represent and approach in theory or practice therapy education social work etc the Person and Personality through traits objectives like high level of personal and social autonomy free will and high capacity ability for self determination high level of personal development high resilience high capacity to control the emotions high degree of awareness self knowledge high self esteem high level of interpersonal development adaptability mature personality activism and initiative assertiveness etc while the Socio Human Micro Community is represented through features such as high autonomy strong organizational culture high socio human functionality high cohesion unity solidity adaptability resilience resistance to crisis and challenges good management etc The Ontological Spiritual Approaches Theories promote core concepts and objectives of the intervention such as spiritual humane personality and humane good community spiritual humane development of the person and humane cultural development of the community These paradigms highlight and promote Personality traits and qualities such as spirituality virtue humanness altruism empathy love faith etc Regarding the theoretical representation of the Community these approaches theories highlight ideas and features as people centered community the dominance of the inter personal relationships of attachment love respect the dominance of the practices and customs of mutual helps social group community solidarity harmony unity inter personal congruency socio human inter personal community functionality socio human moral and cultural integration cohesion Regarding the destination of this paper its design content and bibliography are made in such a way to be useful both to the academic community to students and teachers and also to the professional community to psychotherapists educators managers social workers artists etc *The HUMANISTIC APPROACH in Psychology & Psychotherapy, Sociology & Social Work, Pedagogy & Education, Management and Art: Personal Development and Community Development SECOND EDITION* ,2023-11-23 The purpose of this book THE HUMANISTIC APPROACH IN PSYCHOLOGY PSYCHOTHERAPY SOCIOLOGY SOCIAL WORK PEDAGOGY EDUCATION MANAGEMENT AND ART PERSONAL DEVELOPMENT AND COMMUNITY DEVELOPMENT Second Edition is to achieve an investigation as exhaustive and comprehensive as possible on the presence of the humanistic approach with an emphasis on the dual humanistic valences in a wide range of social and human fields thus bringing before

the reader as an alternative to the modular strictly monodisciplinary approaches a multidisciplinary and complex approach thus putting almost all the most important social human disciplines and practices under a single humanistic dual humanistic umbrella and presented in a single book The Chapter 1 highlights the diversity of approaches in the social and human domains focusing on three great approaches mystical spiritual and religious strictly scientific and humanistic In Chapter 2 the sources and models of the humanistic orientation are explored identifying in this sense with priority Humanism and philosophical influences such as criticism ontology humanistic philosophy and some oriental spiritual practices This chapter highlights also the contribution of phenomenology existentialism personalism gestaltism neo Marxism the Frankfurt School secular humanism the human rights movement postmodernism feminism and complex and emergent systems theories Chapter 3 focuses on the humanistic dual humanistic approach in psychology and psychotherapy The basic principles of the humanistic approach to the human psyche were highlighted as well as the dual humanistic approach to personality and behavior Chapter 4 discusses the humanistic dual humanistic orientation in sociology and social work highlighting the characteristics of social humanism and their different postures in the field of sociology and social work Chapter 5 brings to the reader's attention the humanistic approach to pedagogy and education emphasizing the specificity of child student center education and the characteristics of the dual humanistic approach in pedagogy education Chapter 6 addresses the issue of humanistic management emphasizing how this approach generated a significant change in work organizations focusing on people employee development and their well being Chapter 7 discusses the humanist approach in art theater and film highlighting the characteristics of humanistic aesthetics and humanistic teatrology filmology Chapter 8 brings other disciplines into the discourse such as medicine politics religion technology science ecology and economy highlighting how the humanistic approach influences these fields and brings a dual perspective between person centeredness and human social solidarity Chapter 9 presents some of the characteristics of the humanistic dual humanistic approach to personal development focusing on the formation of a strong humane and complete personality Chapter 10 discusses the humanistic approach especially through its dual humanist valence in community development emphasizing how it as philosophy culture and politics can contribute to the formation of a strong and humane solidary community with the inclusion of the goals and values of personal development fulfillment and the happiness of their members Regarding the usefulness and addressability of this edition of this book the design content and bibliography are made in such a way as to be useful both to the academic community to students and to teachers and to the professional community to psychotherapists educators managers social workers artists medical practitioners politicians etc The work being unique in its way because it brings together under the umbrella of a humanistic approach the most important social human sciences and practices it is of course also addressed to readers interested in such a perspective Humanistic Social Work - The THIRD WAY in Theory and Practice , This book represents a new stage in the author's project to contribute at the development of the humanistic social work theory and

methodology with special attention paid to the professional practitioner social worker caregiver psychologist etc to his psychological spiritual and humane qualities and conducts in practice In the PART I is presented THE HUMANISTIC SOCIAL WORK PROJECT the author s initiative started in 2009 with the assumed aim to enhance the effective presence of the humanistic values theories and practices in contemporary social work a theoretical axiological and methodological framework a heuristic laboratory a philosophical scientific and professional forum wherein it can be set what could be called the theory axiology and methodology of the Humanistic Social Work PART II HUMANE AND SPIRITUAL QUALITIES OF THE PROFESSIONAL IN HUMANISTIC SOCIAL WORK is the basic body of the paper and is composed predominantly of three chapters The Chapter 1 Humanistic Social Work The Third Way in Social Work Theory and Practice is devoted to present theoretically the concept doctrine and specific of humanistic social work with emphasis on its main sources values theories practices and methods to circumscribe philosophically and doctrinally Humanistic Social Work as the third way alongside Traditional Conventional Social Work and Radical Critical Social Work in the contemporary social work practice and theory with the assumed claim to imposing even as dominant in the future The Chapter 2 Humane Personality and Soul Personal Psychological Sources of the Professional s Humane and Spiritual Qualities shows what might be called in the author s view the personal psychological sources of the professional s humane and spiritual qualities in humanistic social work practice mainly the soul as the main component of the psychological ontological sphere of the humane personality with the sub spheres affective social soul spiritual soul mystical playful aesthetic moral intellectual and humane soul It is not negligible nor the role of the axiological moral prosocial sphere or of the motivational energetical sphere In the Chapter 3 Humane and Spiritual Qualities of The Professional in Humanistic Social Work Practice effectively is reached the content of the topic proposed by the book s main title approaching so the theme regarding the humane and spiritual qualities of the professional starting from the category of humane personality of the professional and insisting on the necessity to define it in connection with the spiritual humanistic mode way of representation and approach of the customer The PART III of the book IDEAS FRAGMENTS ELEMENTS OF SOME NEW TEXTS in working IN THE HUMANISTIC SOCIAL WORK PROJECT includes three works in preparation to whom is working to appear in the near future within the project respectively Humanistic Social Work The Third Way in Social Work Theory and Practice Humanistic Social Work Practice and Humanistic Social Work Humane Personality and Humane Relationships Basic Resources of Practice The paper ends with some CONCLUSIVE CONSIDERATIONS where it is inferred the key conclusion that operating into the sphere of human relations the main purpose of the professional s activity with his humane and spiritual qualities is that to transform them in HUMANE relationships To this end his qualities represents essential personal professional resources that can facilitate the change that can humanize the troubled social relationships the dehumanized dysfunctional microcommunity This new environment will impose

PHILOSOPHY AND SOCIAL WORK: Philosophical Bases, Models and Sources for a Humanistic Social Work 2023

HARDCOVER EDITION ,2023-05-23 This edition comprises brings together incorporates synthesizes some of the author s works books articles chapters ideas fragments in print and electronic form with themes topics ideas that address the relation between philosophy and social work welfare policy with emphasis on the humanistic paradigm approach published in academic format between 2011 and 2023 No new sections were introduced but the bibliography was partially updated bringing to attention relevant titles that appeared after the previous edition In the book it is analyzed the complex and delicate relationship between philosophy and social work welfare between the philosophical system of concepts and ideas and the theory axiology of social work welfare especially from a humanistic perspective bringing face to face on the one hand the great branches or sub domains of philosophy respectively ontology ethics social philosophy personology and on the other hand the great sub domains or issues of social work welfare respectively the way of representation the client and the social problem difficult situation risk situation vulnerability resilience etc the system of constitutive values and principles the way of representation of the professional and the specific practice methodology etc The relation between philosophy and social work is no doubt biunivocal philosophy encompasses in its purpose and history the social issue dimension in its broader human sense especially with the preoccupations in the sphere of ethics and social philosophy but also of the existentialist humanistic and humanistic personalist philosophies as the social work as general theory and axiology cannot be conceived without a consistent philosophical representation Both the system of fundamental values and the mission or methodology of social work welfare are most often stated in the terms of an explicit applied social ethical and humanistic philosophy even if not always this aspect it is highlighted in an assumed way An important observation that must to be done is that the author does not proposes in his book and nor does it accomplish an exhaustive profound and complete approach and exposure of the relation connection from a humanistic point of view between philosophy and social work welfare between their sub domains but only he brings into attention this subject this theme very little approached in the literature in relation to its indisputable importance Regarding the destination of this paper its design content and bibliography are made in such a way that to be useful both to the academic community to students and teachers in philosophy and social sciences and practices and also to the professional community to social workers psychotherapists educators social managers etc

Immerse yourself in the artistry of words with is expressive creation, **The Mccall Body Balance Method Simple Concepts For Ageless Movement** . This ebook, presented in a PDF format (*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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