



Alternative Health and Wellbeing
New and Bestselling March 2021

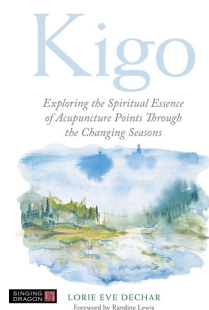
info@woodslane.com.au

02 8445 2300

www.woodslane.com.au



Acupuncture



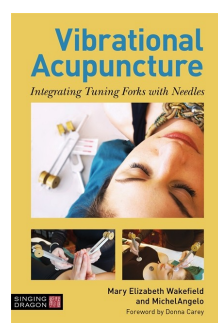
Kigo: Exploring the Spiritual Essence of Acupuncture Points Through the *By Dechar Lorie and Lewis, Randine and*

SINGING DRAGON

NEW

A clinical guide to working with the spirit of points for acupuncturists, bodyworkers and other practitioners who use acupuncture points as part of their clinical work with patients. Drawing on Taoist and Chinese texts, as well as influences from psychology and psychotherapy, it outlines the importance of understanding the points seasonal energy.

AUD RRP: \$55.99	ISBN-13: 9781787752566
Due Date: 04/12/2020	Discount: Acad & Professional
Format: Paperback	Size: 224 X 148
	Pages: 304

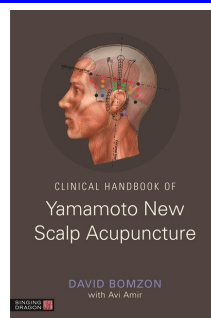


Vibrational Acupuncture: Integrating Tuning Forks with Needles *By Wakefield Mary Elizabeth and MichelAngelo, Michel*

SINGING DRAGON

Sound healing therapy is rapidly gaining recognition as an important complementary medicine modality; this ground-breaking book uniquely presents techniques, based upon Chinese medicine theory, for integrating the use of precision calibrated Ohm planetary tuning forks and acupuncture needles, to create a new modality, Vibrational

AUD RRP: \$95.99	ISBN-13: 9781848193437
Due Date: 15/04/2020	Discount: Trade International
Format: Hardback	Size: 248 X 176
	Pages: 280



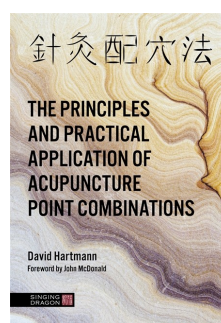
Clinical Handbook of Yamamoto New Scalp Acupuncture *By Bomzon David and Amir, Abraham*

SINGING DRAGON

NEW

This handbook is an invaluable resource on the principles and practice of Yamamoto New Scalp Acupuncture (YNSA). This popular form of scalp acupuncture is used to treat a wealth of neurological conditions, and is very effective in stroke patients with pain and restricted mobility, providing relief from the symptoms.

AUD RRP: \$71.99	ISBN-13: 9781848193925
Due Date: 14/10/2020	Discount: Trade International
Format: Paperback	Size: 228 X 152
	Pages: 208



Principles and Practical Application of Acupuncture Point Combinations *By Hartmann David and McDonald, John*

SINGING DRAGON

BESTSELLING

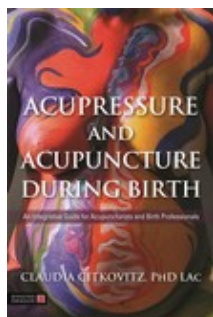
A foundation textbook explaining how point combinations work in acupuncture practice. The book explains how each point works and how best to combine points for good clinical results. Students and practitioners need to respond to clinical challenges in creative and flexible ways and this book guides them in the art of construction of effective

AUD RRP: \$120.00	ISBN-13: 9781848193956
Due Date: 14/11/2019	Discount: Text
Format: Hardback	Size: 260 X 184
	Pages: 504



Acupressure and Acupuncture During Birth: An Integrative Guide for Acupu

SINGING DRAGON



Citkovitz Claudia

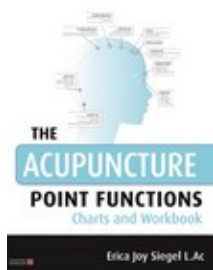
For acupuncturists and birth professionals, this book explains how yin/yang and other principles of Chinese medicine can improve birth experiences as well as outcomes. Acupuncture and Chinese medicine can shift and support the physical and emotional journey of birth and provide nonpharmacologic treatment approaches for commonly occurring disorders of labor such as malposition, asynclitism, slow cervical dilatation and inadequate contractions, as well as postpartum and post C-section care. Accessible and engaging, the book includes an overview of Chinese medicine for women's health; information on what happens before, during and after birth from both a biomedical and Chinese medical perspective; and a toolkit of treatment strategies for birth work. The techniques described include acupressure, Tui Na (Chinese medical bodywork), needling, auricular acupressure and electrostimulation.



AUD RRP: \$71.99
ISBN13: 9781848193581
Due Date: 13/02/2020
Discount: TRADE INTERNATIONAL
Format: Paperback
Pages: 352
Size: 228 X 152

Acupuncture Point Functions Charts and Workbook

SINGING DRAGON



Siegel Erica

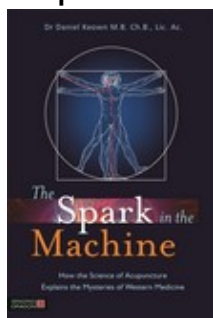
A clear and accessible two-part resource to learn the location and function of the acupuncture points. Part I of the book comprises a series of 27 charts covering the primary meridians plus the extraordinary meridians and the known extra points. These charts show the location of the meridians and acupuncture points within the body, while explaining the functions of the points. The second part of the book provides blank charts for the student to annotate. Containing a vast amount of information in an engaging format, this book offers the perfect visual reference for acupuncturists and students, and the blank sheets offer a proven and interactive way for students to learn the different points or meridians.



AUD RRP: \$40.99
ISBN13: 9780857013903
Due Date: 14/06/2019
Discount: TRADE INTERNATIONAL
Format: Paperback
Pages: 72
Size: 278 X 217

Spark in the Machine: How the Science of Acupuncture Explains the Myster

SINGING DRAGON



Keown Daniel

Why can salamanders grow new legs, and young children grow new finger tips, but adult humans can't regenerate? What is the electricity that flows through the human body? Is it the same thing that the Chinese call Qi? If so, what does Chinese medicine know, that western medicine ignores? Dan Keown's highly accessible, witty, and original book shows how western medicine validates the theories of Chinese medicine, and how Chinese medicine explains the mysteries of the body that western medicine largely ignores. He explains the generative force of embryology, how the hearts of two people in love (or in scientific terms 'quantum entanglement') truly beat as one, how a cheating heart is also an ill heart (which is why men are twice as likely to die of a sudden heart attack with their mistress than with their wife), how neural crest cells determine our lifespan, and why Proust's madeleines evoked the memories they did. The book shows how the theories of western and Chinese medicine support each other, and how the integrated theory enlarges our understanding of how bodies work on every level.

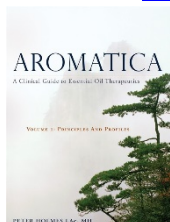


AUD RRP: \$33.99
ISBN13: 9781848191969
Due Date: 14/05/2014
Discount: TEXT
Format: Paperback
Pages: 304
Size: 226 X 150

BESTSELLING



Aromatherapy / Manual Therapies / Herbal Medicine



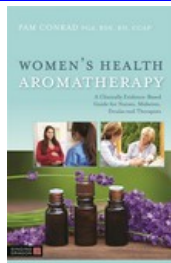
**Aromatica Volume 1:
A Clinical Guide to
Essential Oil
Therapeutics.**
Holmes Peter



SINGING DRAGON

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 and includes profiles of the most important 30 essential oils used in practice.

AUD RRP: \$108.00 **ISBN-13:** 9781848193031
Due Date: 15/04/2016 **Discount:** Trade International
Format: Hardback **Size:** 258 X 196
Pages: 400



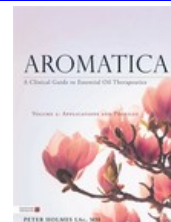
**Women's Health
Aromatherapy: A
Clinically Evidence-
Based Guide for
Nurse**
Conrad Pam



SINGING DRAGON

Aromatherapy has seen a huge surge in popularity in the past decade, and has proven effective for a wide array of women's health problems. However, the number of women interested in introducing aromatherapy to their personal health care dwarfs the number of clinicians formally trained in it. As a result, large numbers of women self-treat with

AUD RRP: \$35.99 **ISBN-13:** 9781848194250
Due Date: 14/07/2019 **Discount:** Trade International
Format: Paperback **Size:** 214 X 136
Pages: 160



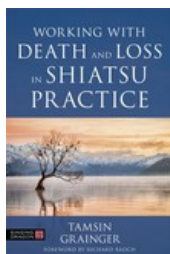
**Aromatica Volume 2:
A Clinical Guide to
Essential Oil
Therapeutics.**
Holmes Peter



SINGING DRAGON

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 and the proper applications for physiological and psychological functions as well as energetic and Chinese Medicines.

AUD RRP: \$132.00 **ISBN-13:** 9781848193048
Due Date: 14/12/2019 **Discount:** Trade International
Format: Hardback **Size:** 258 X 196
Pages: 552



**Working with Death
and Loss in Shiatsu
Practice: A Guide to
Holistic Bod**
*Grainger Tamsin and
Reoch, Richard and*



NEW

SINGING DRAGON

This book examines death and loss within Chinese medicine and related Taoist models, offering practical advice for working with frail or dying clients. It considers the different ways that practitioners may encounter death and includes appropriate exercises and meditations, as well as a model for teaching.

AUD RRP: \$64.99 **ISBN-13:** 9781787752696
Due Date: 14/10/2020 **Discount:** Trade International
Format: Paperback **Size:** 226 X 152
Pages: 352



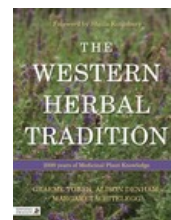
**Dry Needling for
Manual Therapists:
Points, Techniques
and Treatments, I**
*Gyer Giles and
Michael, Jimmy and
Tolson, B*



SINGING DRAGON

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. It includes: Comprehensive medical illustrations demonstrating trigger point

AUD RRP: \$83.99 **ISBN-13:** 9781848192553
Due Date: 15/03/2016 **Discount:** Trade International
Format: Hardback **Size:** 150 X 150
Pages: 320



**Western Herbal
Tradition: 2000
Years of Medicinal
Plant Knowledge**
*Tobyn Graeme and
Denham, Alison and
Whiteleg*



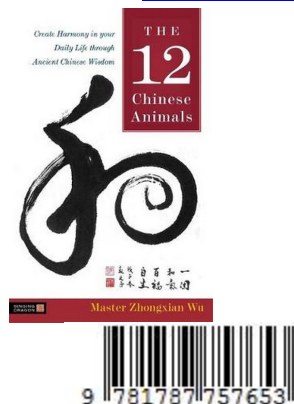
SINGING DRAGON

Graeme Tobyn has been a practising medical herbalist for over 20 years, including two years working for the NHS. He is currently the Course Leader on the Herbal Medicine degree at the University of Central Lancashire and is an external clinical examiner for other herbal training programmes in the UK.

AUD RRP: \$83.99 **ISBN-13:** 9781848193062
Due Date: 15/04/2016 **Discount:** Trade International
Format: Paperback **Size:** 0 X 0
Pages: 392



Traditional Chinese Medicine



The 12 Chinese Animals: Create Harmony in Your Daily Life Through

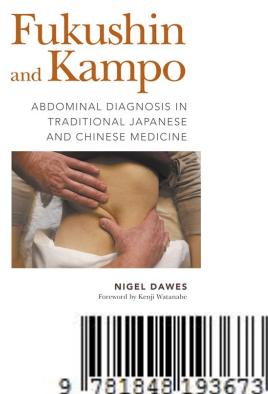
By Wu Zhongxian

SINGING DRAGON

NEW

The Chinese horoscope holds the key to a better understanding of self and others, and to living a life of harmony.

AUD RRP: \$31.99	ISBN-13: 9781787757653
Due Date: 20/01/2021	Discount: Trade International
Format: Paperback	Size: 214 X 140
Illustration: Colour Throughout	Pages: 192



Fukushin and Kampo: Abdominal Diagnosis in Traditional Japanese and Chinese Medicine

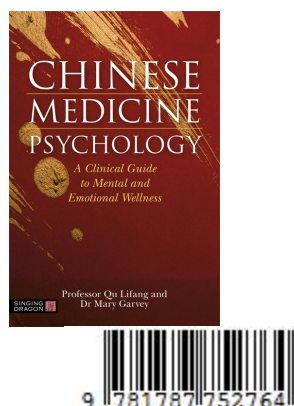
By Dawes Nigel and Watanabe, Kenji and

SINGING DRAGON

NEW

This practical book covers the significance of the abdomen in East Asian medicine and looks at origins and development in the discipline of Kampo. It also provides an illustrated and comprehensive description of the practical application of abdominal palpation in clinical settings.

AUD RRP: \$71.99	ISBN-13: 9781848193673
Due Date: 14/10/2020	Discount: Trade International
Format: Paperback	Size: 100 X 100
	Pages: 336



Chinese Medicine Psychology: A Clinical Guide to Mental and Emotional Wellbeing

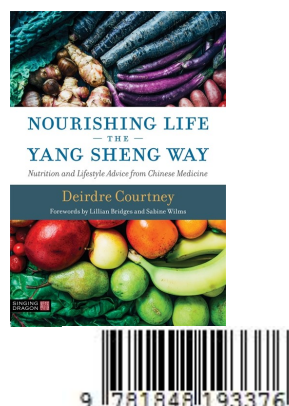
By Garvey Mary and Qu, Lifang

SINGING DRAGON

NEW

Both an introduction to Chinese medicine psychology and a clinical guide for Chinese medicine, this book facilitates and promotes the management of mind and emotion-related illnesses. Based on recent and ancient Chinese sources, it explores and explains previously unavailable material on the generational

AUD RRP: \$64.99	ISBN-13: 9781787752764
Due Date: 14/05/2020	Discount: Text
Format: Paperback	Size: 228 X 152
	Pages: 240



Nourishing Life the Yang Sheng Way: Nutrition and Lifestyle Advice from Chinese Medicine

By Courtney Deirdre and Bridges, Lillian and Wilms

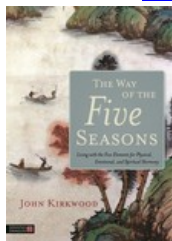
SINGING DRAGON

Combining the wisdom of classical Chinese medicine with modern nutritional science, this book explores the concept of Yang Sheng, which means to nourish life by nurturing body, mind and spirit in harmony with the natural rhythms and universal laws, revealing the importance of nutrition within it and outlining how our modern lifestyle and

AUD RRP: \$59.99	ISBN-13: 9781848193376
Due Date: 13/09/2019	Discount: Trade International
Format: Paperback	Size: 252 X 176
	Pages: 288



Traditional Chinese Medicine / Flower Remedies



Way of the Five Seasons: Living with the Five Elements for Physical, Emo
Kirkwood John

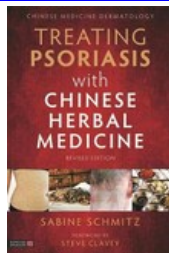


BESTSELLING

SINGING DRAGON

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. Here is a comprehensive and practical guide to using the Five Element model in your daily life in ways that can

AUD RRP: \$55.99	ISBN-13: 9781848193017
Due Date: 14/05/2016	Discount: Text
Format: Paperback	Size: 246 X 175
Pages: 384	



Treating Psoriasis with Chinese Herbal Medicine (Revised Edition): A Pra
Schmitz Sabine and L. Ma and Clavey, Steve

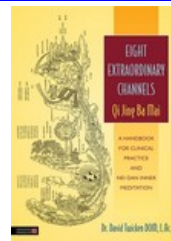


NEW

SINGING DRAGON

Explaining in detail how psoriasis can be treated with Chinese medicine, this hands-on guide shows practitioners how to start treating their patients and provide relief. The book considers the most common Chinese medicine syndromes and formulas that have been proved to be effective.

AUD RRP: \$83.99	ISBN-13: 9781787753495
Due Date: 30/11/2020	Discount: Acad & Professional
Format: Paperback	Size: 228 X 152
Pages: 208	



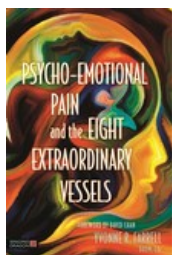
Eight Extraordinary Channels - Qi Jing Ba Mai: A Handbook for Clinical P
Twicken David



SINGING DRAGON

The Eight Extraordinary channels are amongst the most interesting and clinically important aspects of Chinese medicine and Qigong. This book introduces the theory behind the channels, explains their clinical applications, and explores their psycho-emotional and spiritual qualities. The author also describes how to cultivate the channels through

AUD RRP: \$59.99	ISBN-13: 9781848191488
Due Date: 14/08/2013	Discount: Trade International
Format: Paperback	Size: 253 X 180
Pages: 240	



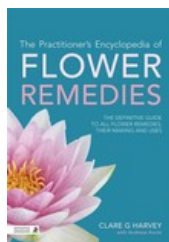
Psycho-Emotional Pain and the Eight Extraordinary Vessels
Farrell Yvonne R. and Chan, David



SINGING DRAGON

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. Emotional suffering and resistance to change can be an impediment to the healing process, with many physical conditions being resistant to treatment due to

AUD RRP: \$59.99	ISBN-13: 9781848192928
Due Date: 13/09/2016	Discount: Trade International
Format: Paperback	Size: 299 X 155
Pages: 224	



Practitioner's Encyclopedia of Flower Remedies: The Definitive Guide to
Harvey Clare G. and Gerber, Richard and

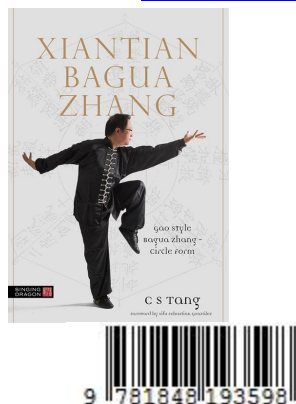


NEW

SINGING DRAGON

Clare G. Harvey is an internationally recognised authority on flower essences. She was originally trained by her grandmother, who was taught by Dr Edward Bach and Nora Weeks. Clare has been a Flower Essence Consultant since the 1990's, first at The Hale Clinic, London, and now in her own clinic at 103-105 Harley Street.

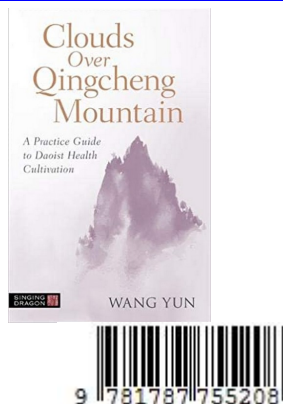
AUD RRP: \$95.99	ISBN-13: 9781787756373
Due Date: 04/12/2020	Discount: Acad & Professional
Format: Paperback	Size: 254 X 178
Pages: 552	



Xiantian Bagua Zhang: Gao Style Bagua Zhang - Circle Form *By Tang C S*

SINGING DRAGON

NEW



Clouds Over Qingcheng Mountain *By Yun Wang*

SINGING DRAGON

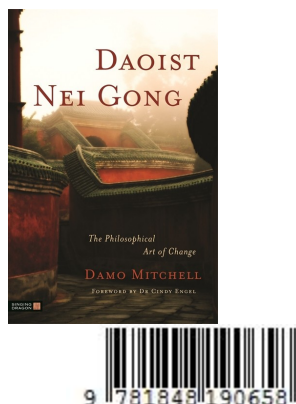
NEW

Master C S Tang is a senior Xingyi Quan, Bagua Quan and Yi Quan expert and researcher from Hong Kong, known for the depth of his knowledge and his skill in the internal systems. He studied Xingyi Quan with several Masters of the old generation, and has made a special study of collecting and researching the ancient training manuals of various

AUD RRP: \$108.00	ISBN-13: 9781848193598
Due Date: 16/01/2021	Discount: Acad & Professional
Format: Paperback	Size: 150 X 150
	Pages: 480

Immersing the mind with the concepts of the Daoist path of health and immortality, *Clouds over Qingcheng Mountain* invokes the sacred birthplace of one of Chinas mystical mountains that has stimulated both mind and body for generations.

AUD RRP: \$47.99	ISBN-13: 9781787755208
Due Date: 08/01/2021	Discount: Trade International
Format: Paperback	Size: 216 X 138
Illustration: Not Illustrated	Pages: 224



Daoist Nei Gong: The Philosophical Art of Change *By Mitchell Damo and Engel, Cindy and*

SINGING DRAGON

BESTSELLING



Taiji Yangsheng Zhang: Taiji Stick Qigong *By Association Chinese Health Qigong*

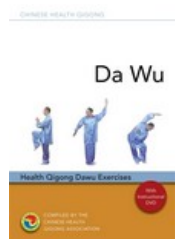
SINGING DRAGON

Damo Mitchell has studied the martial, medical and spiritual arts of Asia since the age of four. His studies have taken him across the planet in search of authentic masters. He is the technical director of the Lotus Nei Gong School of Daoist Arts, and teaches Nei Gong in the UK, Sweden and the USA.

AUD RRP: \$35.99	ISBN-13: 9781848190658
Due Date: 13/09/2011	Discount: Trade International
Format: Paperback	Size: 229 X 151
	Pages: 240

The book explores an unusual and exciting Taiji Stick qigong form. The book provides fully-illustrated instruction, and includes a brief account on the origins and guidance for practice. It also features online content which provide further resource for learning the form and understanding the roots of practice.

AUD RRP: \$40.99	ISBN-13: 9781787752351
Due Date: 16/03/2014	Discount: Trade International
Format: Paperback	Size: 100 X 100
	Pages: 102



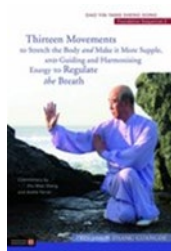
Da Wu: Health Qigong Da Wu Exercises (With CD and DVD)
Association Chinese Health Qigong and Press, Forei



SINGING DRAGON

The graceful joint-relaxing dance-like exercises of Da Wu, an ancient qigong, are presented here with step-by-step explanations and photographs illustrating each movement. Recorded in ancient documents, Da Wu lays stress on flexing movements and the rotation of joints throughout the body to help improve health and wellbeing.

AUD RRP: \$40.99 ISBN-13: 9781848191921
Due Date: 16/03/2014 Discount: Trade International
Format: Paperback Size: 0 X 0
Pages: 106



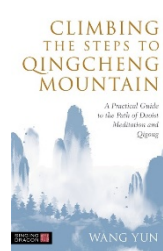
Thirteen Movements to Stretch the Body and Make it More Supple, and Guid
Guangde Zhang



SINGING DRAGON

Dao Yin Yang Sheng Gong exercises regulate the body, breathing and the mind to achieve an improved quality of life. This book focuses on concentration, stretching the body to increase suppleness and adjusting the body's energy flow to control respiration. Featuring clear and detailed explanations of every movement along with

AUD RRP: \$43.99 ISBN-13: 9781787754843
Due Date: 14/01/2020 Discount: Trade International
Format: Paperback Size: 0 X 0
Pages: 112



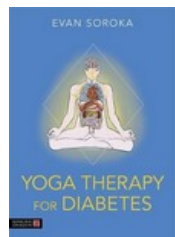
Climbing the Steps to Qingcheng Mountain
Yun Wang



SINGING DRAGON

Mount Qingcheng, one of China's mystical mountains, has been the birth place of discovery, realization and preservation of the recipes that stimulate the deep potential of the human body for generations. This is the book of a Daoist master and spiritual guide Wang Yun as a young seeker and tells the tales of his inner journey which now guides the reader on a path of healing, rejuvenation and actualization of the body's innate potential.

AUD RRP: \$47.99 ISBN-13: 9781787750760
Due Date: 14/11/2019 Discount: Trade International
Format: Paperback Size: 214mm X 138mm
Pages: 240



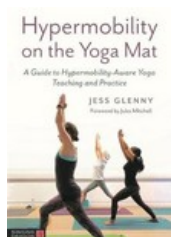
Yoga Therapy for Diabetes
Soroka Evan; Wright, Kirsteen



SINGING DRAGON

Approaching diabetes from a multidimensional perspective, Evan Soroka links the practices and philosophy of yoga with science and lived experience. In this book, she addresses the major challenges of type 1 and type 2 diabetes, providing descriptive practices including spinal movements, breathing techniques and meditation.

AUD RRP: \$51.99 ISBN-13: 9781787752610
Due Date: 01/04/2021 Discount: Acad & Professional
Format: Paperback Size: 254 X 178
Illustration: B&W Pages: 320



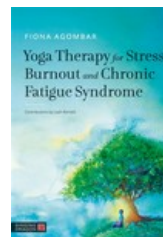
Hypermobility on the Yoga Mat
Glenny Jess; Mitchell, Jules



SINGING DRAGON

This book offers information and guidance to yoga teachers encountering hypermobile yoga students, and to hypermobile yoga practitioners themselves. It includes an overview of hypermobility (referencing research), as well as case studies, information on co-occurring conditions, hypermobile child development, and more.

AUD RRP: \$51.99 ISBN-13: 9781787754652
Due Date: 01/04/2021 Discount: Acad & Professional
Format: Paperback Size: 229 X 152
Pages: 384



Yoga Therapy for Stress, Burnout and Chronic Fatigue Syndrome
Agombar Fiona and Barnett, Leah and



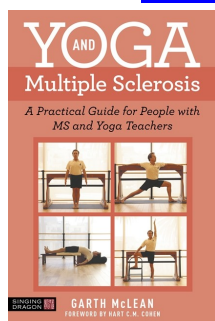
SINGING DRAGON

With instructions for yoga therapists and yoga teachers on helping to alleviate exhaustion and stress, Fiona Agombar looks at how modern-day living exacerbates stress and its manifestations, the yogic approach to these conditions, the solutions that yoga can provide and helpful practices.

AUD RRP: \$51.99 ISBN-13: 9781848192775
Due Date: 04/02/2021 Discount: Acad & Professional
Format: Paperback Size: 100 X 100
Pages: 288



Yoga



Yoga and Multiple Sclerosis: A Practical Guide for People with MS and Yo

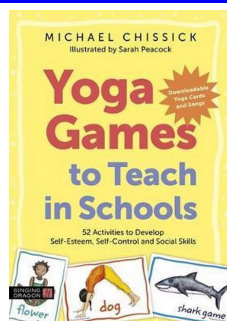
By McLean Garth and Cohen, Hart C.M. and

SINGING DRAGON

NEW

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. It also provides advice on getting started with and maintaining a yoga practice, safety, and discussion on diet and nutrition, lifestyle and meditation.

AUD RRP: \$35.99	ISBN-13: 9781787753006
Due Date: 04/02/2021	Discount: Trade International
Format: Paperback	Size: 100 X 100
	Pages: 352



Yoga Games to Teach in Schools: 52 Activities to Develop Self-Esteem, Se

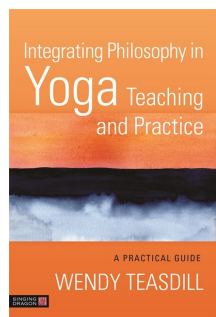
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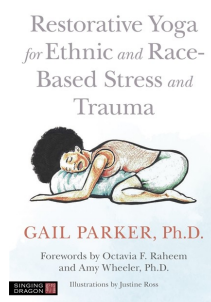
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Providing simple explanations of the various philosophical strands underpinning yoga as well as guidance on how to integrate them into teaching, this practical work from Wendy Teasdill concerns itself with values that are often lost in modern-day practice. It looks at balance, moderation, introspection, self-development and liberation,

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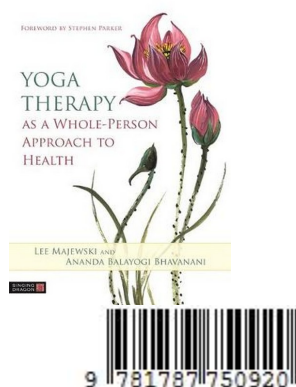
By Parker Gail and Ross, Justine and Rahmeen, Oc

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Offering a race-informed therapeutic approach to yoga, this book invites yoga professionals to consider the psychological impact of ethnic and race-based stress and trauma. It describes the symptoms and causes of race-based traumatic stress and includes instructions and illustrations for Restorative Yoga practices.

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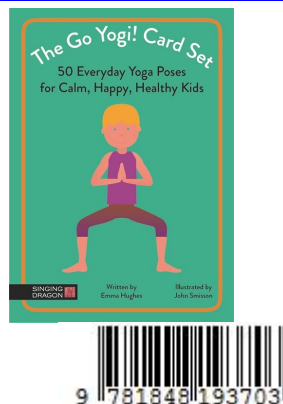
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In this book, Lee Majewski and Ananda Bhavanani define yoga and yoga therapy as a whole person practice, demonstrating how it can help the individual to heal through their own mechanisms.

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Go Yogi! Card Set: 50 Everyday Yoga Poses for Calm, Happy, Healthy Kids

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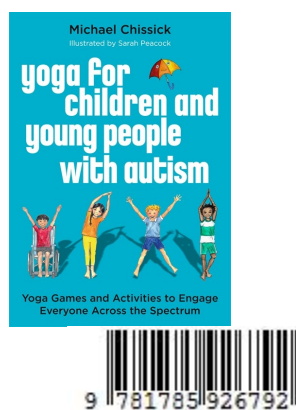
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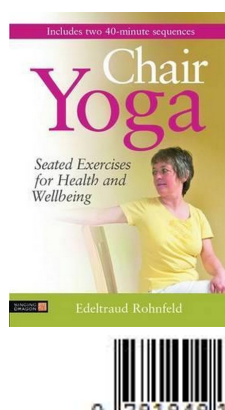
Yoga for Children and Young People with Autism: Yoga Games and Activities

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Michael Chissick has been teaching yoga to children in primary mainstream and special needs schools as part of the curriculum since 1999. He is a leading specialist in teaching yoga to children with Autistic Spectrum Disorders and continues to train and mentor students who want to teach yoga to children.

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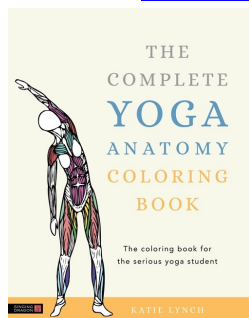
By Rohnfeld Edeltraud

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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, anywhere, in any chair, to stimulate physical and mental well-being. This fully illustrated guide contains ninety easy-to-master exercises that have been specially developed for those with a limited range of movement.

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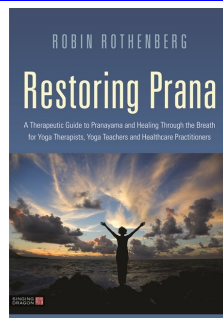
By Lynch Katie

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This practical and engaging coloring book helps yoga teachers and students develop their knowledge of the human body. Enhancing your yoga anatomy knowledge beyond basic training can improve your understanding of the biomechanics of the human body as well as how to reduce chances of injury. Katie Lynch covers physiology of the breath, movements of the

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One of the most common issues clients face is lack of energy, vitality or prana and this book presents a simple yet revolutionary breathing approach to restore balance. Grounded in the yogic teachings, this text introduces the Buteyko breathing method as a more contemporary way of understanding the original intention of pranayama.

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The Creative Performance and Voice Workbook for Yoga Teachers



Holding Space: The Creative Performance and Voice Workbook for Yoga Teachers

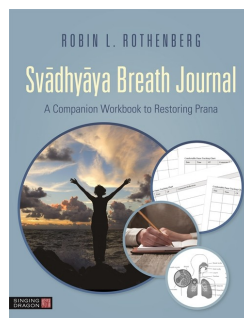
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Helping yoga teachers improve their vocal skills, this expert guide introduces theatre, improvisational and performance techniques to build confidence in teachers' approaches to students. Offering advice on boundaries, self-care, and common teaching mishaps, the practical advice is also supported by personal stories from other teachers.

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By Rothenberg Robin L.

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Svādhyāya (self-reflective) Breath Journal is a companion workbook to Restoring Prana. Restoring Prana is a training manual on transformative breathing for yoga therapists, yoga teachers and bodyworkers and it presents a new way of understanding and applying breath to a wide range of ailments.

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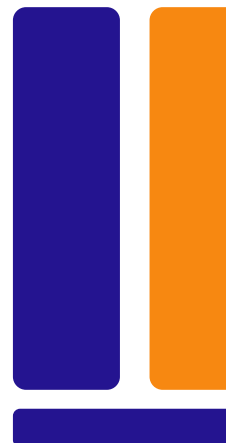
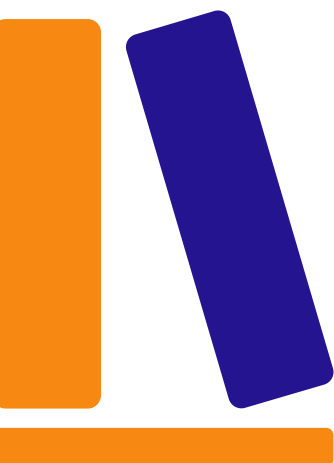
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