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Qualitative Researchers ... Her book, Oral History for the Qualitative Researcher: Choreographing the Story (2010), Guilford Press, incorporates, poetry, photography and the arts to capture lived experience.

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toward your feet as far as you can while pressing your knees toward the floor. If you're too tight to bend over, simply ...

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In this updated version of her innovative and distinctive book, "Stretching" Exercises for Qualitative Researchers,

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author Valerie J. Janesick extends her dance and yoga metaphors to strengthen her argument that tapping into one's artistic side-the side that is more creative and less inhibited-is fundamental to realizing one's potential as a qualitative researcher.

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Stretching Exercises for Qualitative Researchers, Paperback by Janesick, Valerie J., ISBN 1483358275, ISBN-13 9781483358277, Brand New, Free shipping in the US Janesick offers a variety of ways to integrate art as a core metaphor into the qualitative research process.

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Stretching Exercises for Qualitative Researchers - 2nd Edition. by Valerie J. Janesick. Paperback Book, 288 pages. See Other Available Editions.

Description. In this updated version of her innovative and distinctive book,

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author Valerie J. Janesick has extended the metaphor of dance and arts to yoga as an art form to strengthen her argument that tapping into one's artistic side--the side that is more creative and less inhibited--is a fundamental prerequisite for realizing one's potential as a ...

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TYPES OF STRETCHES . There are two types of stretches – static and ballistic stretches. Static Stretches – stretching when the position is held for a given amount of time, usually 15-30 seconds. This stretch is most effective AFTER warming up (or dynamic stretching)

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Active static stretch: the muscle being stretched does the work.

MINDFUL STRETCHING - University Health Services

Jason Lee. Step your right foot forward into a lunge and lower your left knee onto the floor or a folded towel or blanket. (A) Bring your arms in front of

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your right leg and hook your thumbs together, palms facing the floor. (B) Breathe in as you sweep your arms overhead, stretching as far back as is comfortable.

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