

BOOK, CD & DVD

Reviews

“ Sometimes, you read a book and it fills you with this weird evangelical zeal, and you become convinced that the shattered world will never be put back together unless and until all living humans read the book. ”

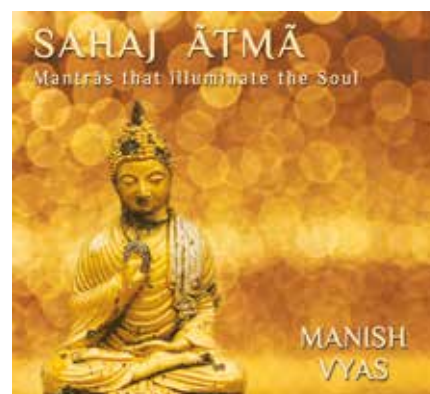
- John Green, *The Fault in Our Stars*



**THE 40 DAY SADHANA
COMPANION
A GUIDED JOURNAL**
BY KATHE FORREST
AND SIRI KIRIN KAUR

Available: amazon.com

THE 40 DAY SADHANA COMPANION explains how in just 40 days you can make permanent lasting change for good health and peace of mind. Through a step-by-step process using yoga, meditation and journaling you can shift attitudes, develop your intuition, prosper and become altogether uplifted. Habits can be helpful or harmful.



SAHAJ ATMA - CD
BY MANISH VYAS

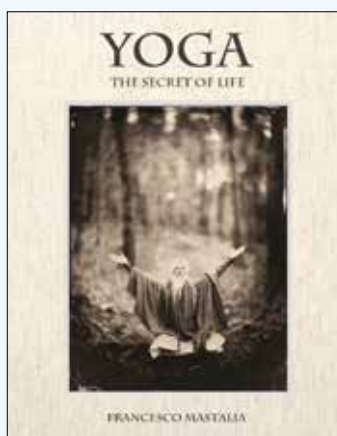
Available: www.manishvyas.com

“YOU ARE YOUR BEST GURU, YOUR BEST TEACHER.” This album was inspired by this affirmation, reflected in the nature of the mantras which Manish has chosen for this new collection. This music travels through a simple but delightful landscape of ancient, powerful mantras. As always, each piece is supported by the finest musicians from India and charming Eastern instruments. A compilation of sacred songs, which can be nicely and effectively played during sadhana, meditation, relaxation, and yoga.

YOGA: THE SECRETS OF LIFE
BY FRANCESCO MASTALIA

Available: amazon.com

YOGA: THE SECRET OF LIFE is a photo-documentary about the spiritual and physical journey of yoga. Through photographs and text this fine art book explores the personal experiences of 108 of today's leading practitioners and how this ancient practice has transformed their mind, body, and spirit. The photographs take on another dimension with the spoken words that accompany them. The text provides an intimate and enlightening account of each person's personal journey.

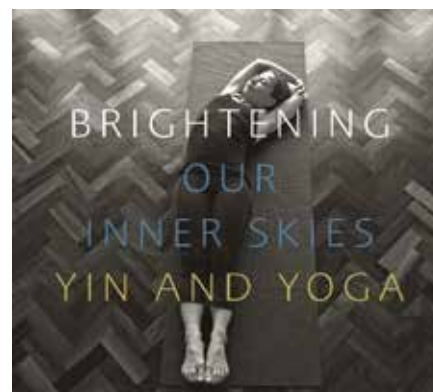
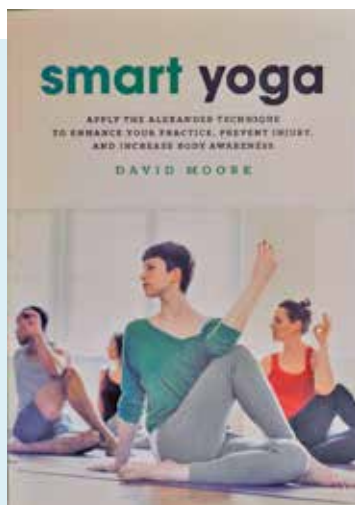


SMART YOGA

BY DAVID MOORE

Available: Book Depository

DAVID MOORE DRAWS ON THIRTY YEARS of teaching to bring fresh and practical insights into how the Alexander Technique can contribute to a safer and more effective yoga practice. With a wealth of illustrations that support the clear, precise explanations, this book offers comprehensive advice in modifying a yoga practice to take into account the huge variability in individual ranges of movement. Moore includes techniques to accommodate limitations imposed by injuries, structure, body type, strength, and flexibility.

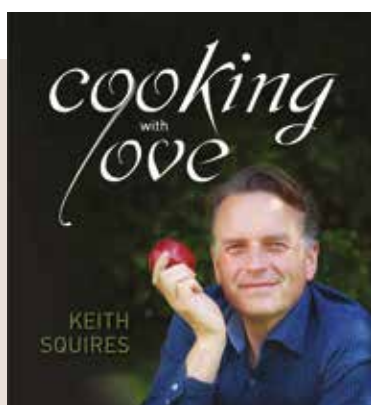


BRIGHTENING OUR INNER SKIES YIN AND YOGA

BY NORMAN BLAIR

Available: www.mybooksource.com/brightening-our-inner-skies-pb.html

BEAUTIFULLY WRITTEN AND DESIGNED, *Brightening Our Inner Skies: Yin and Yoga* practically and provocatively explores yoga, self-transformation and social responsibility. Both a meditation on the role of yoga practice in the world, including Norman's personal journey, and a Yin yoga manual with over 140 photographs of poses as well as suggested sequences, this book takes the practice of yoga and self to profound levels through stories, images and well-researched debates. Highly recommended.



COOKING WITH LOVE

BY KEITH SQUIRES

Available: www.dru.com.au/yogashop/best-sales.php

COOKING WITH LOVE MEANS JUST THAT – turning an everyday activity into something magical. What's the secret? Simply that the way you cook (and eat) is just as

important as the food itself. It takes you on a journey through the history of food – the origins of ingredients, their fascinating stories and legends. You'll learn about nutrition and the 'yoga' of food. Ancient ayurvedic principles are explained in a refreshing and entertaining way. You can enjoy over 100 easy-to-follow recipes, as well as tips, techniques and knowledge that will change the way you think about food forever.

HOW TO USE YOGA

BY MIRA MEHTA

Available: iyogaprops.com.au - www.iyogaprops.com.au/retail/books-av/yoga-books/how-to-use-yoga

A PRACTICAL YOGA COURSE, with step-by-step photographic guidance, written by one of the leading exponents of the Iyengar method of yoga. The book also includes a section on postures helpful for common problems, such as headaches, stiffness, pain in the shoulders and backache.

