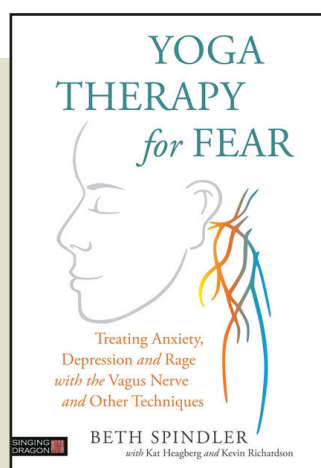


BOOK, CD & DVD

Reviews

“ Let us remember: One book, one pen, one child, and one teacher can change the world. ”
Malala Yousafzai



YOGA THERAPY FOR FEAR | TREATING ANXIETY, DEPRESSION AND RAGE WITH THE VAGUS NERVE AND OTHER TECHNIQUES

BETH SPINDLER

Purchase: Footprint Books Website with a 15% discount discount voucher code BCLUB18

Uncover fearlessness through yoga's methods and disciplines with this guide. This book offers a medically-proven approach to help students and clients uncover their own radiance that is hidden by fear and anxiety. Yoga offers a readily-accessible system for courageous living, and this book explains how to use simple and quick yoga therapy methods for accessing the vagus nerve, resulting in instant relief from symptoms of fear, including depression, anxiety and rage.

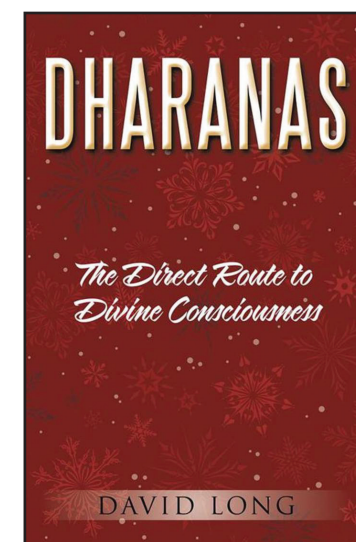
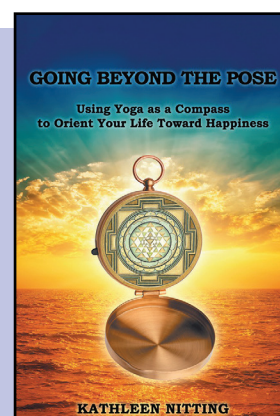
It offers asana, pranayama and dhyana exercises that help to eliminate 'worry chatter', directly affecting the amygdala, the part of the brain responsible for fearful thoughts. Addressing many components of fear, the book explains when fear is useful and when it is not, and teaches how to reprogram responses to uncertain circumstances so that they can be dealt with in a healthy way. Market - Yoga teachers and yoga therapists; bodyworkers.

GOING BEYOND THE POSE | USING YOGA AS A COMPASS TO ORIENT YOUR LIFE TOWARD HAPPINESS

KATHLEEN NITTING

Purchase: <https://www.kathleennitting.com>

Author Kathleen Nitting takes you off the mat with a contemporary understanding of yoga, offering practical ways to integrate this ancient philosophy into daily life. By delving deeper into the wisdom and science of yoga, Going beyond the Pose illustrates how these teachings are as relevant today as they were thousands of years ago. Nitting outlines the four paths of yoga—love, action, knowledge, and meditation—practiced by great sages of the past, along with contemporary yogis, in search of true joy and success.



DHARANAS | THE DIRECT ROUTE TO DIVINE CONSCIOUSNESS

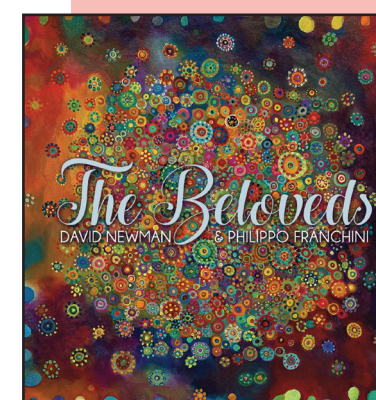
DAVID LONG

Purchase: www.balboapress.com

If you don't visit heaven as a general rule, you may be surprised how easy it is!

This anthology of contemplations, mental exercises, and uplifting sayings has been gathered from ancient and modern scriptures and from Eastern and Western gurus.

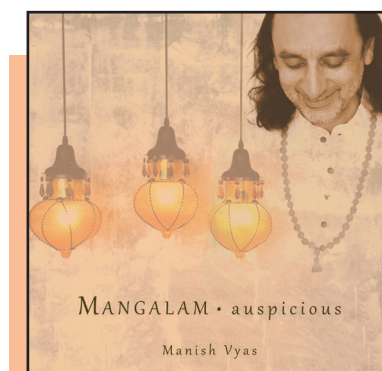
As you practice these contemplations for as little as ten minutes a day (following the helpful "How to Use This Book" guidelines), you will find your mind becomes stronger and able to focus quickly and accurately and to hold focus. But much more than this, these dharanas give you the experience of divine consciousness, i.e., of heaven itself!



THE BELOVEDS BY THE BELOVEDS

Album on iTunes at: <https://apple.co/2Jlpr5l>

Fans of Neil Young and Xavier Rudd will love The Beloveds, an indie folk rock album by long-time yoga practitioners David Newman and Philippo Franchini. As Newman explains, "We're taking the teachings that we've received in our spiritual practice and sharing it with others with these rock 'n' roll grooves, melodies and lyrics—spreading the teachings of yoga and positive ways of living and being in the world through music." Highly recommended for yogis from all walks of life.



MANGALAM - AUSPICIOUS MANISH VYAS

www.manishvyas.com/mangalam
available in itunes, amazon, spotify, googleplay, etc.

MANGALAM in Sanskrit means 'auspicious' and this quality is reflected in these songs invoking inner and outer auspiciousness.

Beautifully composed Indian melodies, keeping the true essence and natural healing power of the mantras and sanskrit sounds.

Recorded with talented musicians from India, Manish brings in this album a call to the most auspicious, using mantras that call such mighty vibrations and connect us with higher healing energies. Peaceful, meditative, uplifting, authentic.

DEER-LIGHTFUL | A YOGA STORY AWAKENING TO OUR LIGHT WITHIN SUZANNA THELL & ILLUSTRATIONS BY YUTI MCLEAN

Purchase: <https://druyoga.com/au/shop/books/deer-lightful>

<http://deer-lightful.com.au/>

Price is \$24.95

Deer-lightful delivers an important message for children (5-10 years) brought home powerfully through a Dru yoga sequence, heart-moving illustrations and a guided relaxation. It tells the story of the musk deer who goes on a long search to find the elusive sweet essence he can smell and is yearning for. Determined, Deer looks high, low and all around until exhausted, he trips and tumbles. Hitting rock bottom Deer discovers the true source of sweet happiness and delight.

