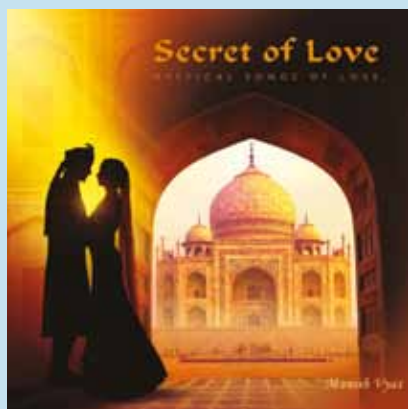


BOOKS, CD & DVD

Reviews

“ The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go. ”

- Dr. Seuss, *I Can Read With My Eyes Shut!*

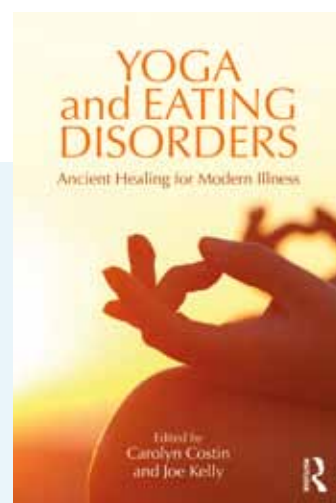


The Secrets of Love

BY MANISH VYAS

Available Amazon.com or
whiteswanrecords.com

Indian world music maestro Manish Vyas's ninth album, *The Secret of Love*, is an east-meets-west exploration of love in all its forms. Mystical, mournful, celebratory, full of longing – the album is perfect for yoga and ecstatic dance. Vyas blends elements of Indian pop and folk music, Qawwali (a form of Sufi devotional music), and ghazal poetry as he re-imagines facets of his native India's spiritual heart.

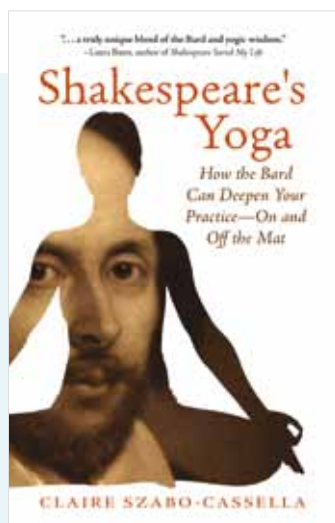


Yoga and Eating Disorders.

BY CAROLYN COSTIN
AND JOE KELLY

Available Amazon.com

Yoga and Eating Disorders bridges the knowledge and practice gaps between mental health providers and yoga practitioners who work with clients suffering from disordered eating. The authors show how and why yoga's mind-body connection facilitates treatment and recovery. This invaluable resource for mental health and yoga professionals, as well as individuals and family members struggling with eating disorders, explores the use of yoga in therapy, ways yoga teachers can recognize and respond to disordered eating, recovery stories, research into yoga's impact on symptoms, and much more.



Shakespeare's Yoga

BY CLAIRE SZABO-CASSELLA

Available www.whitecloudpress.com or on Amazon

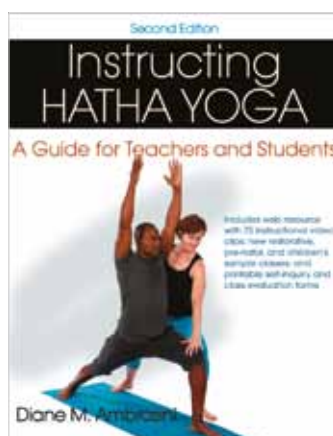
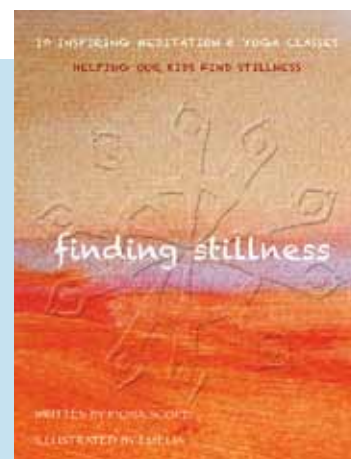
Shakespeare's Yoga applies some of the Bard's most famous quotes and passages to yoga practice. With down-to-earth insights from her involvement in Shakespearean theatre and twenty years as a yoga practitioner, studio owner, and yoga teacher trainer, Szabo-Cassella parallels Shakespeare's inherent spiritual wisdom to the yamas, the five core yogic concepts in the art of right living. As a result, you realize "all the world's a stage" for yoga practice.

Finding Stillness

BY FIONA SCOPE

Available <https://itunes.apple.com/us/book/id1135269144>

Finding Stillness through movement and meditation is an interactive ebook designed as a teacher's or parent's resource. Complete with 10 inspirational classes, diagrams, audio meditations and a yoga nidra. The aim of the ebook is to 'help our children find stillness' through movement, understanding their body and gentle nurturing meditations guided by Mother Nature. Press play on your iPad and listen to the meditations to settle your child, or teachers can plug into a whiteboard and use as a teacher's resource for yoga movement, meditation and *Finding Stillness*.



Instructing Hatha Yoga

BY DIANE M AMBORSINI

Available www.HumanKinetics.com/instructingHathaYoga

Now in its second edition, *Instructing Hatha Yoga* is a comprehensive guide to developing the knowledge and qualities of a confident yoga instructor. The updated edition includes 68 yoga postures, more than 200 photos and 75 video links showing the postures and modifications, a web resource, and sample children's and prenatal classes. Developed in line with the new Yoga Alliance standards, this is a comprehensive and user-friendly guide covering all aspects of safe and confident hatha yoga instruction.

Anastasia – the YOGA series

BY ANASTASIA

Available Amazon.com

This approach to yoga will facilitate the progression of the self and bring enlightenment on many different levels to those wishing to explore what lies beneath the state of the ordinary so that they can truly recognize themselves. It applies to all, irrespective of age, size, sex, shape, or the different stages of life or circumstance we may find ourselves in...enjoy the insight! The original yoga system explained in depth covers the effect on the chakra and personality. Includes 10 guided meditation techniques.

