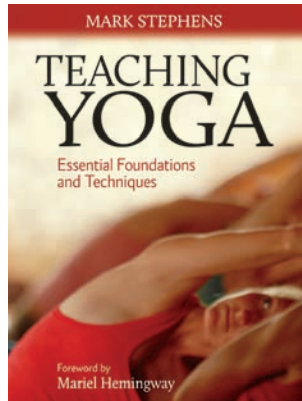


Heart Yoga
The Sacred Marriage of
Yoga and Mysticism
Andrew Harvey and Karuna
Erickson

Anyone who has mastered the physical intricacies of triangle pose and then asked, “Isn’t there more to yoga than this?” will find ample food for thought in *Heart Yoga*. Long-time yoga teacher Karuna Erickson and scholar Andrew Harvey offer a heart-centered approach that melds hatha yoga with visualizations, poetry, and other practices from the world’s mystical traditions. The book includes several simple asana sequences, clearly instructed and liberally sprinkled with verses from spiritual texts and poems by the likes of Rumi and Walt Whitman. Pragmatists who wince at phrases such as “divine light” and “sacred activism” may find this book a bit esoteric for their tastes. But those looking to infuse their practice with a deeper sense of devotion will find *Heart Yoga* filled with inspiration and beauty.

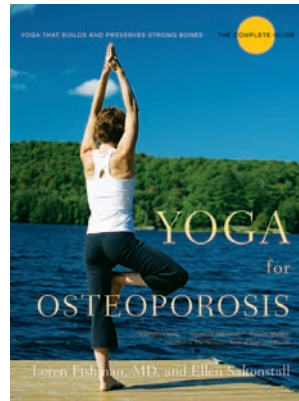
—Claudia Cummins



Teaching Yoga
Essential Foundations
and Techniques
Mark Stephens

“Should we chant *Om*?” “Do I ask before I adjust?” “How do I modify for a pregnant student?” Mark Stephens’s all-encompassing tome for both new and experienced teachers addresses these and other common concerns, while offering an exhaustive overview of philosophy, history, yoga styles, and guidelines for practice. In addition to exploring several guided meditations, breathing techniques, and variations of sun salutations, Stephens breaks down 108 asanas, pointing out the primary risks and key aspects of each pose. A chapter on the science of sequencing offers five essential principles for creating safe balanced hatha classes. Authoritative and engaging, but never dogmatic, *Teaching Yoga* will help instructors fine-tune their classroom skills and empower their personal practice.

—Kathryn Heagberg



Yoga for Osteoporosis
The Complete Guide
Loren Fishman, MD, and
Ellen Saltonstall

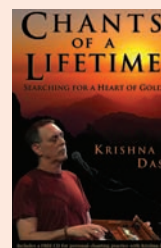
Bone health may not be as sexy as a “yoga butt,” but *Yoga for Osteoporosis* makes a convincing argument that yoga’s physical benefits are far from superficial. Fishman, a physician, and Saltonstall, a yoga therapist, have put

together an eye-opening education about osteoporosis. Before you even get started with mountain pose, you’ll know more about your bones than you ever dreamed.

The authors wisely include three versions of every posture: The osteoporosis version adapts a classical pose with props. The osteopenia version introduces a basic variation. The prevention version builds bone health by providing greater challenge. A few postures, such as shoulderstand, might raise the eyebrows of the medically conservative, but the authors offer options that suit all levels and don’t create unnecessary risk. Overall, an excellent resource and practice guide.

—Kelly McGonigal

Memoir & Myth

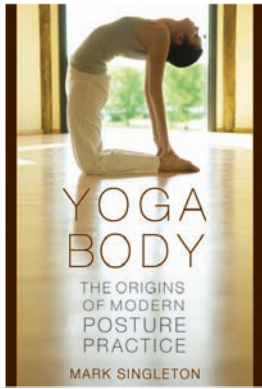


Chants of a Lifetime
Searching for a Heart of Gold
Krishna Das

Yoga’s premier chant master relates how the path of devotion, enlivened by spiritually-charged music, saved him from debilitating depression. Krishna Das’s pilgrimages lead him, and us, to a vastly expanded experience of love in this moving memoir, which includes a kirtan CD and sheet music. —Linda Johnson

Myths of the Asanas
Alanna Kaivalya and Arjuna van der Kooij

Yoga students memorize the names of postures like *kurmasana* or *astavakrasana*, but how many of us know who Kurma or Astavakra actually were? This book heightens our appreciation of the poses by revealing the ancient legends associated with them. —L.J. >>



Yoga Body: The Origins of Modern Posture Practice

Mark Singleton

In this meticulously researched academic text full of stunning archival photographs, the author reveals hatha yoga, as practiced in the West, to be a product derived from medieval *fakirism*, early 1900s Indian nationalism, vaudeville sideshows, and pre-WWII British women’s gymnastics, among other influences. A sympathetic portrayal of Sri Krishnamacharya rounds out the contentious treatise, revealing the father of modern yoga as a sincere practitioner severely compromised by politics and social trends.

—Neal Pollack

In the Green Kitchen Techniques to Learn by Heart

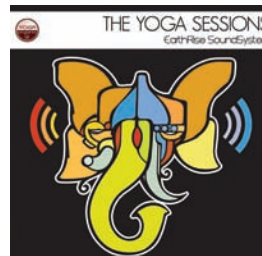
Alice Waters
Food legend Alice Waters curates 30 simple but fundamental cooking techniques—from skinning peppers to shucking corn—as presented by famous chefs and foodies during Slow Food Nation, a 2008 celebration of wholesome sustainable eating. Fifty uncomplicated recipes illustrate the methods in this slim but practical resource.

By making raw tomato soup alongside Charlie Trotter and fish soup with Jean-Pierre Moullé, you can refine your



skills and gain the confidence to explore new combinations of fresh, locally grown foods.

—Crystal Ketterbagen



The Yoga Sessions EarthRise SoundSystem

New York studio musicians Derek Beres and Duke Mushroom seamlessly mix Thievery Corporation-style dub beats with original guitar, violin, and tabla recordings into something far beyond the syrupy mess that typically passes for “yoga music.” By deploying traditional Sanskrit chanting alongside Hebrew vocals, they call to mind pioneering world-music groups like Disidenten. Even if you believe that yoga should be done in monastic silence, this is still a great chill-out soundtrack for after practice ends. —N.P.

Personalize Your Practice



Healing Yoga for Neck & Shoulder Pain

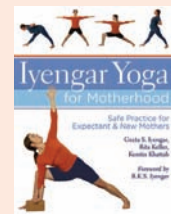
Carol Krucoff

With a well-rounded practice and a touch of philosophy, Krucoff tackles the causes of neck and shoulder pain, from head-forward posture to the feeling of “carrying the weight of the world.” An approachable guide from an experienced yoga therapist, this is a book you can confidently give your aging mother or your skeptical physician. —K.M.

Iyengar Yoga for Motherhood

Geeta S. Iyengar, Rita Keller, Kerstin Khattab

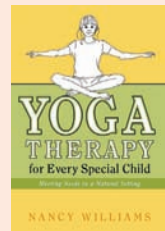
Written by three experienced Iyengar teachers, two of whom are doctors, *Iyengar Yoga for Motherhood* includes prenatal, natal, and postnatal asana and pranayama practices; solutions for common discomforts; and ayurvedic recipes for optimal maternal health. Clear and comprehensive, this holistic guide is highly recommended for moms-to-be and their teachers. —K.H.



Big Yoga: A Simple Guide for Bigger Bodies

Meera Patricia Kerr

Big Yoga is an encouraging reminder that yoga is for everybody. This is no watered-down practice. With the exception of wall and chair alternatives to sun salutations, the content is similar to what you’d find in any introduction to yoga. The key difference: Keer, a “big” woman, models the poses beautifully. —K.M.



Yoga Therapy for Every Special Child

Nancy Williams

Williams, a pediatric speech and neurodevelopmental therapist, offers a playful mix of poses, breathing, relaxation, and yoga games for children with special needs. It’s a one-size-fits-all program with just one chapter on adapting the sequence for specific disorders. What does stand out? The realistic child-friendly practices and spot-on tips for dealing with developmental challenges. —K.M. ■