

BOOKS, CD & DVD

Reviews

“ I find television very educating. Every time somebody turns on the set, I go into the other room and read a book. ”

- Groucho Marx



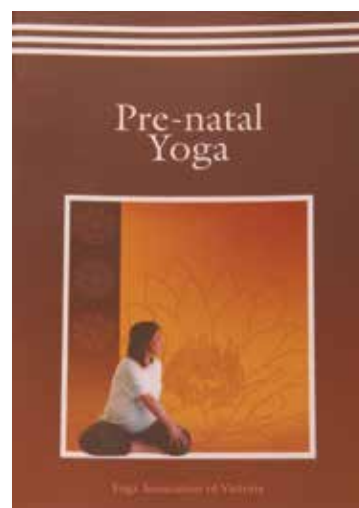
Lovolution

KATIE WISE AND BHAKTI EXPLOSION

Available: iTunes, Spotify & CD Baby

Lovolution are lullabies and deep bass rock tunes that slowly build into ecstatic, dance-your-heart-out kirtans. The Sanskrit and Gurmukhi mantras on the album's eight tracks come from ancient India and

are designed to help you open your heart, release fear, and heal. On every track, Wise's soulful, earthy voice embodies vulnerability in a way that turns emotion into art.



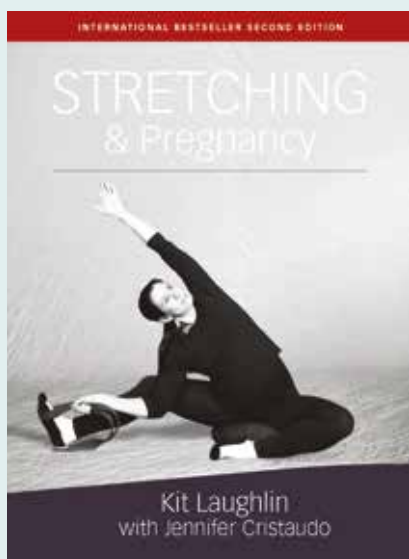
Pre-natal Yoga Book and Double CD

YOGA ASSOCIATION OF VICTORIA

Available from Rocklyn Yoga Ashram shop online <http://www.yogavic.org.au/online-shop/books/for-women>

This booklet was the practical outcome of a workshop for Prenatal Yoga Teachers hosted by and edited by Swami Hari. This well-presented book and double CD set presents practices of yoga asana, pranayama, yoga nidra – deep relaxation and chanting to assist your body as it changes shape and your mind and emotions as they respond to bringing a new life into the world.

Prenatal Yoga Teachers may recommend this set with confidence.

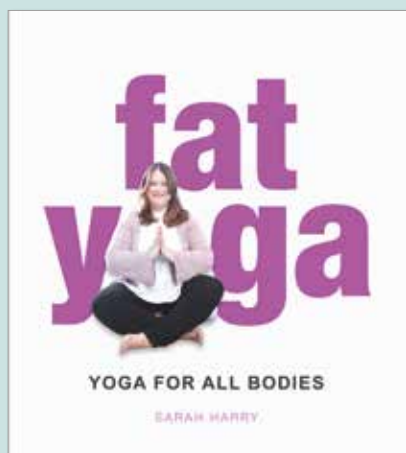


Stretching & Pregnancy

KIT LAUGHLIN WITH JENNIFER CRISTAUDO

Available: www.amazon.com

Keeping fit during pregnancy is now known to be highly beneficial for the health of both mother and baby. However, many women remain at work during pregnancy so finding time for regular exercise can be difficult. This book will show you how to gently develop and maintain your fitness at home. It also provides breathing and relaxation exercises as well as a healthy eating plan. Illustrated throughout with step by step photographs and filled with valuable information.



Fat Yoga Yoga for all Bodies

SARAH HARRY

Available:
all good bookstores or online
www.newhollandpublishers.com

Scrolling through social media, you could be forgiven for thinking that yoga is purely the domain of teeny, tiny, thin, flexible girls. But you don't need to fit this mould to embrace and enjoy the practice of yoga. *Fat Yoga* embraces the 'yoga for all' ideology: all bodies, all ages, and all abilities. This book is a step-by-step 'how to' guide to yoga, with variations to suit the less mobile or flexible.

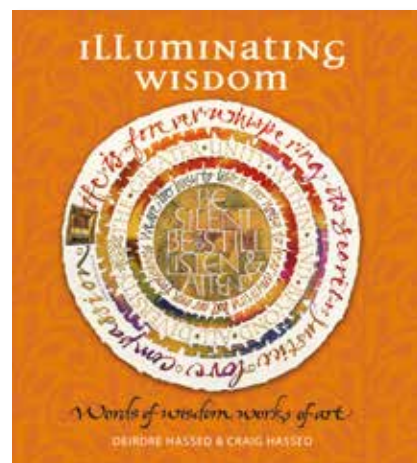
This is the perfect book for yoga enthusiasts of every level and body type.

Illuminating Wisdom

DEIRDRE HASSED AND DR CRAIG HASSED

Available: www.exislepublishing.com

Approximately 80 quotes have been drawn from some of the great wisdom and literary traditions of both East and West, as well as from inspiring people throughout history noted for their practical wisdom. These quotes have been set to exquisite calligraphy by Deirdre Hased, a leading professional calligrapher, in a range of styles – from the traditional to the contemporary, and making use of many and varied techniques such as gilding, collage, work on glass, letterpress and linoprinting. Accompanying each artwork is text by Craig Hased, an international expert in mindfulness, that provides background on the quote's author, explores the wisdom tradition to which it belongs, and offers deep insight into the meaning of the quote.

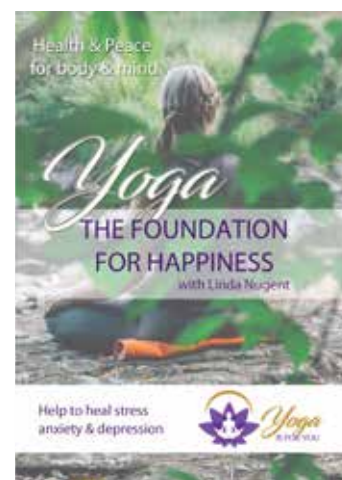


Yoga The Foundation for Happiness

LINDA NUGENT

Available: yogaisforyou@hotmail.com

Yoga The foundation for happiness is a 90 minute class designed for you to work at your own pace. During class you are reminded to observe the effects of the postures, such as body sensations and feelings so the mind learns to witness with detachment.



Pathways to a Centered Body

DONNA FARHI AND LEILA STUART

Available: www.embodiedwisdom.pub/

Pathways to a Centered Body is an invaluable practical guide for Yoga and Pilates students and teachers, as well as physical therapists and somatic practitioners, indeed, anyone who wants to live in their body with greater ease. With more than 108 colour photographs, concise instructions, and rich experiential anatomy inquiries, the authors capture the very essence of how to approach healing back pain with Yoga therapy and core stability.

