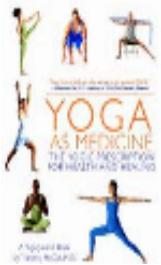


Yoga Booklist

Updated: by Jan Elkins 07/09

Yoga For Health and Fitness

 = place hold on audiobook version of this title



Place hold

Yoga As Medicine: The Yogic Prescription for Health and Healing: A Yoga Journal Book

By Timothy McCall

Call #: 613.704 McC

An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.



Place hold

Yoga Mind and Body

By Sivananda Yoga Vedanta Centre

Call #: 613.704 Siv

A new version of the classic work for anyone interested in starting a yoga practice.



Place hold

Mindful Yoga, Mindful Life: A Guide to Everyday Practice

By Charlotte Bell

Call #: 181.45 Bel

Local author, Charlotte Bell, introduces the deeper side of yoga practice.



Place hold

Chakra Workout: Balancing Your Energy with Yoga and Meditation

By Mary Horsley

Call #: 131 Hor

Using breathing techniques, yoga postures, meditations, and massage, embark on an exploration not only of the seven main chakras but the 21 minor ones, too.



Place hold

Moving Toward Balance: 8 Weeks of Yoga with Rodney Yee

By Rodney Yee

Call #: 613.704 Yee

In *Moving Toward Balance*, Yee outlines an eight-week program of yoga postures, meditation, and breath awareness designed to lead us toward the emotional and physical balance we all crave in life.



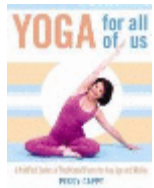
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Journey Into Power: How To Sculpt Your Ideal Body, Free Your True Self, and Transform Your Life with Yoga

By Baron Baptiste

Call #: 613.704 Bab

Baptiste's program, based on his weeklong "Journey into Power" boot camps, integrates the physical and spiritual components of yoga. His daily "Power Vinyasa Yoga Practice," done in a heated room, is a challenging series of 54 yoga poses, one flowing into another.



Place hold

Yoga For All of Us: A Modified Series of Poses for Any Age and Ability

By Peggy Cappy

Call #: 613.71 Cap

A safe and gentle way to get started in yoga.



Place hold

Lilias! Yoga Gets Better With Age

By Lilias M. Folan

Call #: 613.704 Fol

The First Lady of Yoga shows how to add more flexibility, energy, and joy to your life with her new method of "yin" stretching for the maturing body.



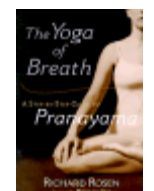
Place hold

Hatha Yoga Illustrated

By Martin Kirk

Call #: 613.704 Kir

Hatha Yoga Illustrated presents nearly 650 full-color photos to visually demonstrate 77 standard poses from hatha yoga that apply to all major hatha styles including Iyengar, Astanga, Anusara, and Bikram.



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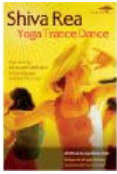
The Yoga of Breath: A Step-by-Step Guide to Pranayama

By Richard Ronsen

Call #: 613.704 Ros

Breathing is the key to a good yoga practice.





Place hold

Yoga Trance Dance

Call #: DVD 613.704 Yog

Join Shiva Rea for an energetic dance based on yoga movement.



Place hold

Total Yoga : Water

Call #: DVD 613.704 Tot

A flowing workout for a beginner with some yoga experience.



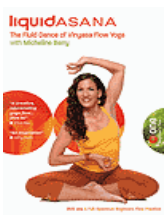
Place hold

15 Minute Results: Yoga

With Rodney Yee and Mariel Hemingway

Call #: DVD 613.704 Fif

Yoga master Rodney Yee and yogi/actress Mariel Hemingway team up to share their expertise in these 15 minute workouts. Each targeted session hones in on the specific area you want to work on.



Place hold

Liquid Asana. 1, Beginners Flow

With Micheline Berry

Call #: DVD 613.704 Liq

A comprehensive practice introducing the basics of Vinyasa Flow Yoga integrated with 4 dance movements (the circle, wave, spiral and undulation). Micheline Berry takes you on a journey into the liquid freedom of your own body as it meets the empowering structure of yoga asana ("yoga postures").