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Recommended Yoga Books, CDs and Video/DVDs

Books

Yoga The Iyengar Way By Silva, Mira, & Shyam Mehta

This book is full of pictures and step-by-step instruction. Each pose has its own page and is full of information about the pose including variations for each pose.

Light On Yoga B.K.S. Iyengar

The original yoga book! The guide to the philosophy and practice of Yoga by its greatest living teacher, BKS Iyengar. This book provides complete descriptions and illustrations of all the positions and breathing exercises.

30 Essential Yoga Poses For Beginning Students and Their Teachers By Judith Lasater, Ph.D., P.T.

This is the quintessential book for anyone practicing yoga. Each pose has its own chapter with beautiful pictures, variations, and fantastic instruction on getting into each pose. Each asana is written in English and Sanskrit, sequencing, benefits and cautions are all provided on the first page of each chapter. Judith has also provided 17 different practices in the back of the book. Each practice includes a picture of the pose, the name in English and Sanskrit, the purpose of the practice, a mantra/intention for the practice, and a chapter reference for each pose for quick look up. I can't recommend the book highly enough.

Om Yoga Today-Cindy Lee

Are you Busy? Do you feel you don't have enough time for your yoga practice? *OM Yoga Today* offers a simple and realistic approach to integrating a daily yoga session into even the most hectic day with a yoga sequence for any schedule and tailored to meet specific needs and fitness goals. Through easy-to-follow illustrations this book provides straightforward instruction for yoga sessions that last five, fifteen, thirty, sixty, or ninety minutes each sequence building on the one before. Designed to be used during practice, this user-friendly book for the free-time challenged has easily referenced tabs for locating particular sequences quickly, and a concealed Wire-O format that lays flat on the floor alongside the practitioner. With sage words on meditation, breathing, and dedicating your practice, *OM Yoga Today* creates the possibility for a meaningful yoga practice in the privacy of the home no matter how busy the day.

Yoga Abs Moving From Your Core By Judith Lasater, Ph.D., P.T.

Another fantastic book by Lasater, a short read with a new look at the abdomen and how to strengthen the core. Part One is an introduction to the abdomen muscles and attachment, a discussion about the Western belly, and the Eastern belly. This book will allow the reader to create an awareness of the abdomen and the stabilizing effects of the abdomen while providing practices to strengthen your core. I recommend it for all yoga students and especially if you suffer with lower back pain.

The Breathing Book By Donna Farhi

For the practitioner interested in deepening their understanding of the function and anatomy of breathing as well as incorporating it into their yoga practice. Ways to practice are offer through out the book

Go In and In Poems from the Heart of Yoga & From Root to Bloom

By Danna Faulds

These book are a good way to create an intention for your practice or become inspired the do your yoga practice. Faulds has a chapter in which she incorporates the gifts of nature into her poetry. A great book to flip open to any page and read and become inspired.

CD's

Music for Yoga and Other Joys - Jai Uttal, Ben Leinbach

Seven Metals Singing Bowls of Tibet- Benjamin Iobst

The Spirit of Yoga- Ben Leinbach

Yoga Trance Dance – Shiva Ras A High

“Energy Movement Mediation to Liberate Your Creative Life Force.” If you find your practices becoming boring or you want to be more creative and free flowing in your practice this is the CD for you. It is a two CD set, one with music and the other was a free form dance, meditation, yoga practices accompanying by the same music from CD 1. In the enclosed insert Rea provides pictures to help you follow the practice.

Breathing, The Master Key To Self Healing- Andrew Weil, MD

“There’s no single more powerful or more simple- daily practice to further your health and well-being than breathwork.” In this two disk CD, Dr Weil begins with sharing the benefits of breathwork through his patient’s experiences. Provided are amazing cases histories of miraculous healing when patients took on the practice of breathwork. On the second CD, Weil coaches the listener through the breathing exercises. Remember your breath is free and is a powerful tool to self-healing.

Videos/DVDS

With each selection I have provided a web site where the item can be found. Please search your favorite store or website to compare prices. I have no affiliation with any of the companies and simply wanted to provide at least one resource where the item can be found. The selections are in order of my preference, i.e. Yoga for Every Body being my first pick.

Yoga for Every Body- www.bodywisdommedia.com

J.J. Gormley teaches routines customized for the beginning, intermediate and advanced yoga practitioner. The YOGA FOR EVERY BODY™ DVD contains over 45 workouts ranging from 15 to 75 minutes...

Power Yoga for Every Body- www.bodywisdommedia.com

Power Yoga for Every Body makes the beauty and power of flow yoga accessible to everyone. Unlike other power yoga videos that move rapidly from pose to pose, Barbara Benagh explores the asanas through her renowned Slow Flow™ method of vinyasa (poses that flow together) that emphasizes alignment and awareness. For both the beginner and advanced practitioner, Power Yoga for Every Body is a safe and effective way to explore this style of yoga.* Routines for Beginning, Intermediate and Advanced students* 15 Minute Interview with the instructor* Contains 24 practice routines that range from 20 minutes to 2 hours* Optional background music

Solar Flow Yoga – Shiva Rea

For an invigorating vinyasa (flowing) yoga practice this tape is for you. Up beat music in a gorgeous setting by the water in India. You can create your own series or use one that has been created by you. It is a great yoga workout and a way to spice up your practice!

AM/PM Yoga www.Gaiam.com

This DVD includes two 20 twenty minute yoga practices for the morning and evening. Face your day with more focus and calm after a gentle yet energizing workout with Rodney Yee. Then in the P.M., release stress and tension under a spectacular Death Valley sunset with Patricia Walden.