



YOGA
BASICS

Yoga FOR Summer

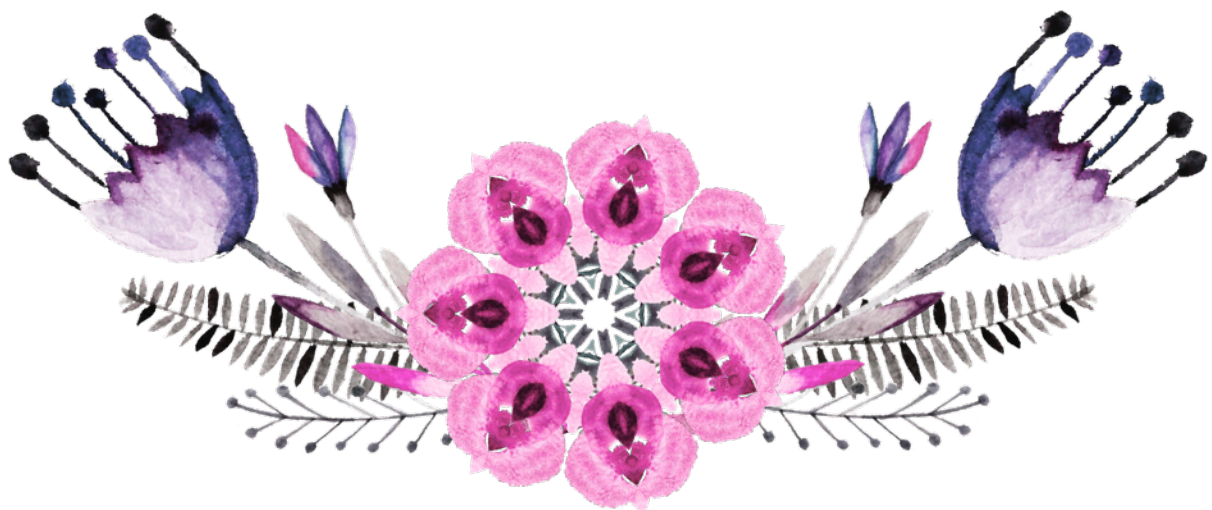
A GUIDE &
RESOURCE TO
PRACTICING
YOGA IN THE
SUMMERTIME





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SUMMERIZE YOUR YOGA WITH COOLING PRACTICES

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BY KATHLEEN BRYANT

Ah, summer...the days get longer, the sun gets stronger. But we can have too much of a good thing. Summer's solar qualities (heat, projection, activity) equate to [sympathetic](#) nervous system stimulation. Obvious signs of

overheating are feeling irritable, distracted and, well, hot.

When we feel uncomfortable, we have the luxury of simply flipping on the A/C to adjust the external environment. Because yoga pre-

dates such modern conveniences, however, yogis developed *internal* cooling strategies to balance excessive heat, sun or the emotional equivalents (anger, agitation).

in Salamba Sarvangasana (shoulderstand), Setu Bandhasana (bridge pose), and other poses. Forward bends, in particular, help us turn inward and slow the racing thoughts associated with solar stimulation.



One of the best-known practices for cooling is [Sheetali pranayama](#), curling up the sides of the tongue and inhaling the breath as though sipping from a straw. (Those unable to curl the tongue can substitute [Seetkari](#), the hissing breath inhaled through the teeth.) Left-nostril breathing, known as Chandra Bhedana (“moon passing through”), cools the

Yogasana that is lunar or cooling in nature focuses on the [parasympathetic](#) division of the nervous system, the “rest and digest” state. Parasympathetic nerves at the sacrum and occiput (base of the skull) are emphasized

physical body and is excellent for calming a restless mind.

Ayurveda also gives us many options for balancing heat and dryness. We can incorporate more pitta-calming foods in our diet,

eating avocado, cabbage, cucumber, zucchini, yogurt and melon in familiar summer dishes like slaws, yogurt lassis or cucumber water. If you perform daily [abhyanga](#) (self-massage and oleation), it's a good idea to change to a more cooling oil such as coconut.

Summer is a good time to increase time for meditation, or to try [yoga nidra](#) or a [restorative yoga](#) sequence. Balance sun salutations with moon salutations—Kripalu teachers offer a beautiful [chandra namaskara](#).

Experiment to find what works best to soothe sizzled nerves, remembering that how we do things is as important as what we do. Slow down. Breathe deeply. Have fun. Wear moonstones or pearls, dress in cool colors like soft blue or lavender, take a moon bath.

Lunar practices are nurturing, receptive, and regenerative, not only good for dealing with summer's heat but also helpful any



time we are “burning” from our fast-paced, thought-dominant society. Hot flashes, anger issues, anxiety, heartburn, constipation—all signal that it's time to dance with the moon.



TIPS FOR PRACTICING YOGA OUTSIDE

BY AMBER BAKER

Outdoor yoga is often praised as a special treat, but it can also add a whole new array of challenges to your practice. Unpredictable and uncontrollable temperatures, bugs, noise, uneven or wet ground, and curious bystanders can all make an outdoor practice

less than relaxing. Still, [getting outside is good for you](#), and there are steps you can take to make an outdoor yoga practice more enjoyable—beyond just closing your eyes and turning inward.

Temperature. Obviously this is will vary greatly depending on where you live and what time of year it is. And either way, the temperature will be beyond your control and may change quickly. Unless you're living near the polar ends of the earth, heat is more likely to be a concern than the cold. A vigorous practice will warm you up, but a slow practice isn't necessarily going to keep you cool.

Depending upon your comfort level, choose a time of day that is most ideal in temperature. In summer or in places that trend towards hot weather, this may be early morning or evening when the sun isn't fully up and the humidity is likely to be lower.

Be careful of thinking that practicing outside at noon is a good idea just because you like "hot yoga." Although some studios intentionally turn up the dial, in some places the summertime outdoor heat index (relative temperature plus humidity) can easily exceed even the most hard-core studios. Plus,

in a class setting, there is an instructor present to keep a careful eye on the temperature and (hopefully) you. Make sure to drink plenty of fluids and know the warning signs of [heat related illness](#).

Sun. It's possible to get sunburn even on overcast days. If you are prone to this, practice in the shade or under cover if possible. Sunscreen may be necessary for some.

Grounding. Remembering the breath while trying to balance may not be enough if you are fighting gravity in every pose. Perfectly even ground is unlikely unless you practice on a fabricated surface such as pavement, a deck or a patio. An extra mat can help to soften these spaces if needed. If you really want to feel the earth under your feet, find the most even ground you can, and clear away sticks, stones or other debris, and try practicing without a mat. If the ground is damp, a mat can help you stay dry, but it surely won't help even things out.

Bugs and other wildlife. Early morning or evening can be best for avoiding biters. A [natural bug spray](#) is easy to make and smells good too. If you are really sensitive, it may be wise to try and seek out a screened in area to practice. Be aware of your surroundings and watch for nests (of all kinds), snakes, and “gifts” from birds.

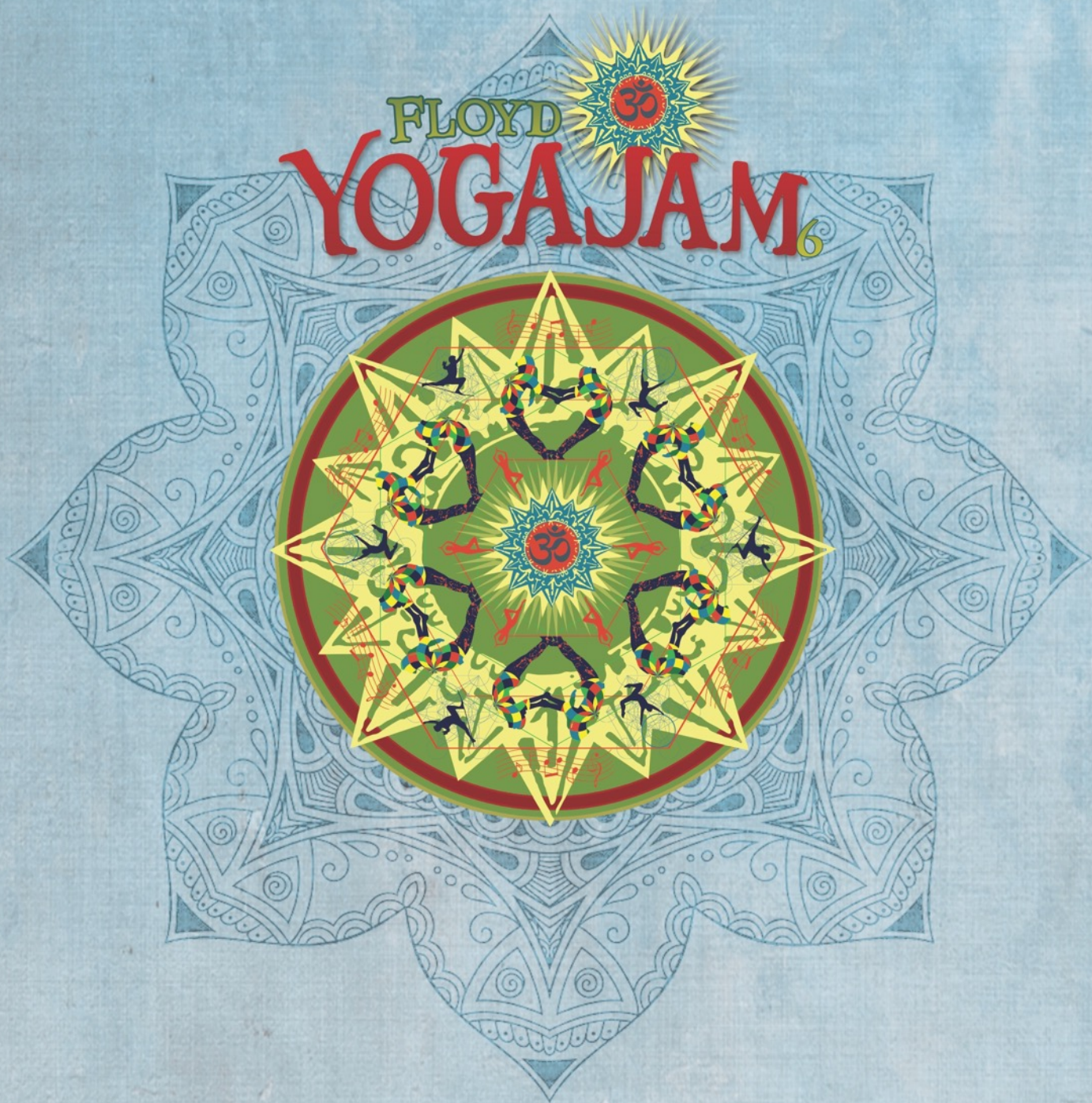
Noise. This will vary by location but is also largely out of your control. Because of this, practicing yoga outdoors is a great opportunity to focus on your breath and practice releasing attachment to distractions and sounds. You can also try making a playlist of your favorite yoga music and bringing headphones.

Bystanders. The other wildlife. Passersby can run the gamut of curious, respectful or rude. If you are set on practicing in a park, don't be surprised if people pause to look, or if someone snaps your picture with his or her phone. If

you don't want your practice to be a social meme, find a secluded or less populated area or a private outdoor space. On the flip side, remember to be respectful of others ability to enjoy the space as well.



Everyone's process and comfort levels are different, so you may have to decide which battles are most important in creating an outdoor practice that works for you. If you can find that sweet spot though, it can be well worth it.



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THE HOTTEST YOGA CLOTHING TO STAY COOL THIS SUMMER

.....
BY TIMOTHY BURGIN

Yogis need to feel cool, calm and comfortable, especially when practicing yoga on hot summer days. Too much summer warmth can aggravate the [pitta dosha](#) and create agitation, irritation, and restlessness—all qualities yogis

want to minimize on and off their yoga mats. To stay cool this summer, minimize the amount of coverage with bras or crop tops, shorts or capris, and yoga clothes with mesh panels. Stay cool and calm by choosing yoga clothes

with cooling colors of blue and white. We have 10 great suggestions of cute and cooling summer yoga outfits that will help you beat the summer heat with style, both in and out of the studio.

Free to Be Bra and Hurricane Shady Palms Cropskins by Just Live

You'll be able to handle any amount of tropical heat with this stunning matching palm leaf design outfit from [Just Live](#). This striking set is made with their proprietary Yolon™ yoga fabric—created specifically to be breathable, moisture-wicking, quick dry, odor resistant, and fade proof. The flat lock seams prevent



chafing and the front and back mesh inserts on the leggings provide additional cooling.

Half Moon Yoga Bra and Breathe Easy Leggings by Namastetics

Bring the cooling energy of the moon to your practice with this gorgeous yoga outfit from [Namastetics](#).

This top and bottom set incorporates mesh paneling on the front and back to create a light, airy, and cool sensation.

Their nylon/lycra performance fabric is super soft, resilient, and moisture-wicking. Based in Canada, Namastetics donates \$2 per purchase to Kula for Karma, who provide therapeutic yoga programs to those in need.



Navajo Bra and Yoga Leggings by EVCR

Looking hot while staying cool this summer doesn't have to break the bank if you snatch up some of [EVCR's](#) amazing yoga clothes.

All 50 of their leggings are capped at \$24.99—no wonder why this amazing tribal-boho-chic patterned set is now sold out. Their polyester/spandex fabric blend will keep you cool. All of their performance bra style tops have similar

cutouts and cuts. This fun clothing line is designed in L.A. and made in Mexico.



Mermaid Bra and Yoga Leggings by Yogiwear

Evoke the soothing and cooling energy of the sea with this fun and shimmering mermaid patterned outfit from [Yogiwear](#). Both items feature a stretchy polyamide/spandex fabric, allowing for a comfortable and supportive fit, while the fabric's breathability keeps you refreshed during sweaty hot yoga workouts. This affordable clothing line's bright and bold exotic colors and designs are made in the US.

Rhythmic Lotus Crop Top and Yoga Leggings by Oojooverse

This water and lotus patterned set will inspire you to float above your difficulties and invoke the cooling and calming qualities of a summertime pond. Part of [Oojooverse's](#) 12 Laws of the Universe series, this print design is intended to remind you that “everything in the universe is connected and in tuned with one another.” Smooth and comfortable, this polyester/spandex fabric is printed, hand cut, and sewn in the US.



Vida Fit Bra and Aspen Flex Capri by Jiva

Slide on this strappy back bra and mesh panel capri combo to enjoy every refreshing summer breeze. You'll love the extra support of the double lined yoga bra and the snug 4" thick waistband on these leggings. Made in Miami—so you know you will stay cool, comfortable, and dry in [Jiva's](#) sweat-wicking, quick dry and anti-microbial fabrics.



Mystic Bali Bra and Baja Shorts by Solosol

Embrace every moment in the warm summer sun while wearing this beautiful bra and shorts outfit. Inspired by “extraordinary experiences and states of mind,” this radiant boho pattern print is soft and smooth. The yoga bra top has an adjustable strappy back and provides great support and

good coverage. The lined shorts prevent any see-through. Made in Bali from a poly/spandex fabric.



Warrior T-Back Bra and Touch Cut Out Shorts by Kira Grace

Heat up the yoga studio by wearing this red hot bra and shorts outfit. The bra’s strappy back will keep you cool while providing a great range in movement. These yoga shorts have sexy and stylish side cut outs as well as a hidden pocket in the waistband. Made in the US with moisture-wicking and breathable nylon/lycra fabric and ultra smooth seams for both style and comfort.



Namaste Bandeau and Sincere Capri by Confused Girl

Bow to your divine self and keep cool and calm when wearing this fun outfit by [Confused Girl](#). The outfit includes a simple bandeau printed with “namaste” and leggings printed with a cooling blue geode crystal pattern. Made in L.A. from a polyester/lycra fabric that is moisture-wicking and breathable.

Paltrow Sports Bra and Logan Leggings by good hYOUman

Stay positive, uplifted, and motivated all summer with the messages printed on these super comfy outfits. While this polyester/spandex blend is a bit thick for summertime, it is delightfully soft and comfortable and will certainly wick away moisture to keep you dry.





SUMMER YOGA: CONNECT TO THE ELEMENT OF FIRE!

.....
BY KATHLEEN BRYANT

Summer is here, and chances are that by now you have turned on the A/C. Even if you don't have air conditioning at home, your workplace and probably even your yoga studio run the A/C. We pine all winter for the warmth of summer, but as soon as it's here,

we close the windows and crank the A/C up to frigid levels. The summer months, though, are a perfect time to connect to the element of fire—both internal and external.

We embody the five [ayurvedic](#)

elements of earth, water, fire, air, and ether. It's easy to connect to water. We drink it, bathe in it, swim in it. We cultivate rich soil in our gardens and root our bare feet onto the earth. We fill our lungs with air, feel the breeze on our skin, and lift our faces to the sky. Seldom do we have an opportunity to connect to the element of fire as tangibly as we do in summer. To douse this powerful element is to squander a glorious opportunity for [healing](#) and transformation.

Fire, or [agni](#) in Sanskrit, connects us to our highest divinity. Read any sacred text...the Bible, the Koran, the Torah or the Sutras, and references to the power of fire abound. Fire purifies, engulfs matter and reduces it to ash, transforming it from one form to another. Fire does the same for us in our practice. The fire of our breath and the heat of the physical posture burn through our obstacles, or

[samskaras](#), establishing a fertile landscape for new energy. Those obstacles can be physical, mental or emotional. No matter, the fire of our breath cultivates *tapas*, discipline and focus and slowly consumes them, revealing our authentic nature.



The tenets of ayurveda hold that we should not quench the fire of digestion with a cold drink. In much the same way, we should avoid dousing nature's seasonal gift of fire and heat but rather,

harness and absorb it in order to realize our potential.

Notice how nature scales back during the winter. Trees and

flowers relinquish their greenery and bloom, animals retreat, even our pace of life slows down during the long nights.

Summer ushers in an explosion of life, color, and vitality. It can be the season for us to seize what we compassionately cultivate with care during the cold days of winter and catapult us to our next level of growth on and off our mats.



Summer is a perfect time to cultivate the fiery third chakra, **Manipura**, located in the area of the solar plexus and navel. With its associated color yellow and its dominant fire element, Manipura awakens our spiritual warrior, igniting in us a resolute strength, willpower, commitment, fearlessness and control.

So turn off the A/C, and throw open your windows! Feel the heat of the room become one with the fire within you. Better yet, take your practice outside in the early morning or late afternoon. Face the sun, and let a few rounds of sun salutations burn away your samskara...you'll be that much closer to your true self!

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THE YOGA OF FOOD: EATING FOR SUMMER

.....
BY TIMOTHY BURGIN

As the sun shines hot and bright during the long summer days, agni tattva, the fire element, warms and radiates strongly inside our bodies. The fire element activates the [third chakra \(manipura\)](#) to promote healing, transformation,

manifestation, and growth. Agni tattva strengthens pitta, the Ayurvedic dosha (bio-elemental energy) that is strongest in the summertime, to provide the energy of digestion and metabolism.

When agni and pitta become too strong they can ignite anxiety, restlessness, anger, irritability, heartburn, constipation, excessive bleeding or dry skin. Poor digestion, low energy, poor immune system, excess weight, and depression are signs that our agni and pitta may be weak. Fortunately, [Ayurveda](#), yoga's sister healing science, provides simple and direct advice on how to balance pitta and agni tattva through dietary adjustments.

Hydrate and Eat Raw

The simplest approach to keeping your pitta from overheating is to properly hydrate and to eat more raw fruits and vegetables. The more exposure you have to summer's moisture-sapping heat, the more you will need to increase your fluid intake and raw food

intake. To know if you are drinking enough water, pay attention to your thirst



levels and the color of your urine (it should be a light-colored yellow, not dark). Add more raw vegetables to your lunch as digestive agni is strongest then.

Sweet, Bitter, and Astringent Tastes

There are three [Ayurvedic tastes](#) that help balance pitta: [sweet](#), [bitter](#), and [astringent](#).

The **sweet taste** is cooling, grounding, nourishing, strengthening, and anti-inflammatory. Only consume foods that are naturally sweet, which will be mostly fruits (melons, dates, figs, mangoes, berries, prunes) but will also be found in most grains, squashes, sweet peppers, root vegetables (beets, carrots, sweet potatoes), some spices (basil, cardamom, cinnamon, coriander, fennel, mint, saffron, tarragon, vanilla) and some dairy products (ghee, milk).

The **astringent taste** (dry, rough, and chalky) is heavy and cooling and it absorbs excess moisture and curbs excessive tendencies. The astringent taste is in most legumes

(beans, lentils), some fruits (pomegranates, pears, apples, and dried fruit), vegetables (broccoli, cauliflower, alfalfa sprouts, avocado, artichoke, asparagus, green beans, lettuce, peas, potatoes), a few grains (pasta, quinoa, couscous, oat bran, popcorn, rice cakes), spices and herbs (coriander, dill, fennel, nutmeg, parsley, saffron, turmeric, vanilla).

The **bitter taste** is very cooling, drying, and cleansing. This taste also alleviates thirst, stimulates a healthy appetite, and is a digestive tonic. The bitter taste is found primarily in dark leafy greens (kale, dandelion greens, collards).

Avoid Hot Spicy Foods

While all of the above will be naturally cooling and calming to the pitta dosha, it is also important to avoid hot and warming foods in your diet. Minimize or avoid deep-fried and processed foods and animal protein (especially red meat). Avoid pungent, sour, and salty tastes as they aggravate pitta. Especially avoid warm and hot

spices like cayenne, garlic, dried ginger, black pepper and chili peppers. Minimize caffeine, nicotine, and other stimulants, including alcohol. An occasional beer or white wine is okay.

The long hot days of summer create ample opportunities to feel, explore, and balance the fire element and pitta dosha. All of the above is general advice; consider it as a starting point for changing your diet for the summer season. As you experience summertime's energy of expansion and activity, focus on creating groundedness and inner-peace.

As you feel summer's warmth inside your body, notice how the above dietary choices help to cool and dissipate this heat. Experiment and make adjustments based on your [individual constitution](#), local seasonal foods, and the specific weather conditions where you live. Most importantly, pay attention to how the weather and the food you eat affects your prana, digestion, and overall sense of health and well-being.



THE BEST SUMMER TEAS FOR YOGIS TO STAY COOL AND CALM

.....
BY TIMOTHY BURGIN

Basking in the summer sun not only feels good, it's good for you. But too much warmth from the sun can exaggerate the [Ayurvedic pitta dosha](#), the bio-elemental energy of fire, which can produce symptoms of anxiety, restlessness, anger, irritability, heartburn,

constipation, excessive bleeding or dry skin. To [keep pitta balanced](#) during the warm summer months, drink a variety of cooling and calming herbal teas. Not only is this an easy way to incorporate more balance, it's enjoyable.

Prepare your tea depending on the time of day and how much excessive pitta you feel. The cooler mornings and late evenings of summer will be more appropriate for drinking hot or warm tea. It's best to avoid piping hot liquids during the peak of summer, so allow your tea to cool down a bit before sipping. During midday, drinking room temperature or cool tea is best. Avoid adding ice, and if drinking refrigerated tea swish and savor the tea in your mouth to warm it up before swallowing. The more excessive your pitta symptoms are the colder the temperature of the tea you can consume. Try to minimize highly caffeinated teas, choosing instead some of our delicious summertime blends we've found to be the best for yogis.



Hanami Tea: Queen of Heaven

This beautiful purple colored infusion is deeply meditative and centering, perfect when one feels “hot-headed” due to summer’s fiery heat. Sipping on this heavenly blend of lavender, lemongrass, hibiscus, and butterfly pea flower might indeed make you feel like a queen.

Art of Tea: Chill Out Tea

While not especially cooling in nature, this tea was formulated specifically to create a potent calming effect on the mind and nerves. Licorice and cinnamon give this tea a slightly sweet taste, and fennel and lemon myrtle help balance the unusual flavor of this root heavy blend. Yogis will especially appreciate the addition of valerian root with its strong ability to reduce anxiety and promote deep relaxation.

Organic India: Sweet Rose Tulsi & Peppermint Tulsi

Tulsi (holy basil) tea is an amazing herb for yogis—it is highly sattvic and adaptogenic, both of which promote calmness and increase your ability to cope with stress. Tulsi is also thought to cultivate ojas and prana, which increases the amount of joy, radiance, and “juiciness” in your life.

While tulsi is warming, pairing it with other cooling herbs makes it suitable for a soothing summertime tea. Sweet Rose Tulsi has a lovely floral taste of rose petals that calms the mind and nourishes the blood. This blend also contains cooling peppermint and calming chamomile.

Peppermint Tulsi is a simple blend of three varieties of tulsi leaves and flowers with the leaves of



peppermint. This delightful cooling tea brings an invigorating feeling to the body and mind—perfect for sipping on a hot summer afternoon.

PositiviTea: Imagine

This blend is formulated to awaken and activate the third eye or sixth chakra (ajna). This chakra governs insight, intuition, perception, and spiritual awareness. This powerful and delightful bouquet of sweet summer berries and flower petals contains gotu kola—a brain tonic used by yogis to improve meditation. White tea, elderflower, and eyebright are also added to stimulate the area of the sixth chakra.

Chopra Organic Herbal Tea: Soothing

Formulated specifically to balance pitta dosha, this is the most cooling tea in our list. This blend's spearmint leaves are deeply cooling and help with digestion. Its chamomile flowers are mildly sedating and can help relax muscles and reduce inflammation.

Coriander, hibiscus, lemongrass, and fennel also contribute to this tea's unique taste and strong cooling action.

Good Earth Tea Co: Lemon-Kissed Cucumber

This lovely caffeinated green tea blend will provide a pleasing and cooling perk on a warm day. Dried cucumber and lemon peel give this tea its lightly astringent and cooling properties—perfect to soothe and calm the pitta dosha.

Choice Organic: Earl Grey Lavender

This black tea flavored with bergamot and lavender is a great way to wake up to the energy of a radiant summer morning. Add steamed milk and vanilla and refrigerate for a delicious afternoon “London fog” iced latte. Its cooling lavender blossoms help relieve stress, improve mood, and promote restful

sleep. Oil of bergamot is considered to have antioxidant and antidepressant properties and the ability to improve digestion.

Teatulia: Hibiscus Berry Iced Tea

Blended specifically for iced tea, this simple blend has the perfect balance of tart and sweet—both flavors that help cool down pitta. Not only does this tea have great flavor and beautiful color, but the rose hips are high in Vitamin C and Vitamin A and are rich with antioxidants and anti-inflammatory properties.

All of these cooling and calming teas will be best for the pitta dosha if [brewed using the sun tea method](#). Sun brewed tea uses the power of the sun's rays to create a mellow infusion. While it takes longer to brew than using boiling water, it is just as easy to make, is eco-conscious and will bring out more subtle flavors from the tea.





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YOGA FESTIVAL PACKING GUIDE



THE ULTIMATE YOGA FESTIVAL PACKING GUIDE

.....

BY SARAH DITTMORE

The excitement of buying tickets to one (or more!) [amazing summer yoga festivals](#) wears off fast when the stress of figuring out how to pack and prepare sets in. A proper packing list can make or break your yoga fest experience, so get ready to take some serious

notes as you go through our complete packing guide for yoga festivals.

Beat the sun

Part of the yoga festival experience includes spending hours outside in the hot summer sun, so you'll

want to bring **sweat-proof sunscreen** with at least SPF 30. I'm obsessed with **Neutrogena Ultra Sheer** because it's long lasting and has that barely-there feel. If you want a mineral based option that is free of biologically harmful chemicals, check out **Thinksport sunscreen**.

A **large-brim sun hat** is another must. It'll keep the sun off your face and scalp and help you stay burn-free throughout the festival.

Another way to beat the sun is to dress accordingly. **Yoga shorts and cropped pants** will be your best friends to keep you cool. To stay covered and comfy pack one or two pairs of **Thai harem yoga pants**.

Stay hydrated

I cannot stress the importance of staying hydrated enough. Bring your favorite **water bottle** and keep filling it up. The more hydrated you are, the more you will be able to enjoy your time at the festival. Familiarize yourself with the **symptoms of dehydration**

so you can tell if you haven't been drinking enough.

In addition to hydration, it's important to fuel your body with healthy foods. While most festivals boast a large selection of food vendors, pack your favorite snacks such as **energy bars** just in case. These come in handy if you get hungry between meals.

Know your needs

Chances are you've already packed your yoga mat, but what about props? Yoga props are hard to come by in festival classes; there are too many people for the teachers to provide everyone with modifications.

If you know that **blocks, straps, or other props** are necessary for your practice, pack them! A yoga festival is a chance to deepen your practice—knowing what your body needs and supporting your body is a great place to start.

Be location minded

Every yoga festival is a new location. Consider factors that account w





going to be camping and showering at the festival? Then pack a **towel and shower supplies**. Is there a body of water? Bring a **bathing suit**. Heading to an area that's known for summer rains? Don't forget to pack a **lightweight raincoat**.

For most locations I recommend bringing some **extra layers** in case it gets cool at night. Make sure you know the local climate (hot, dry, windy, rainy, etc.) and think about how that could affect your packing list.

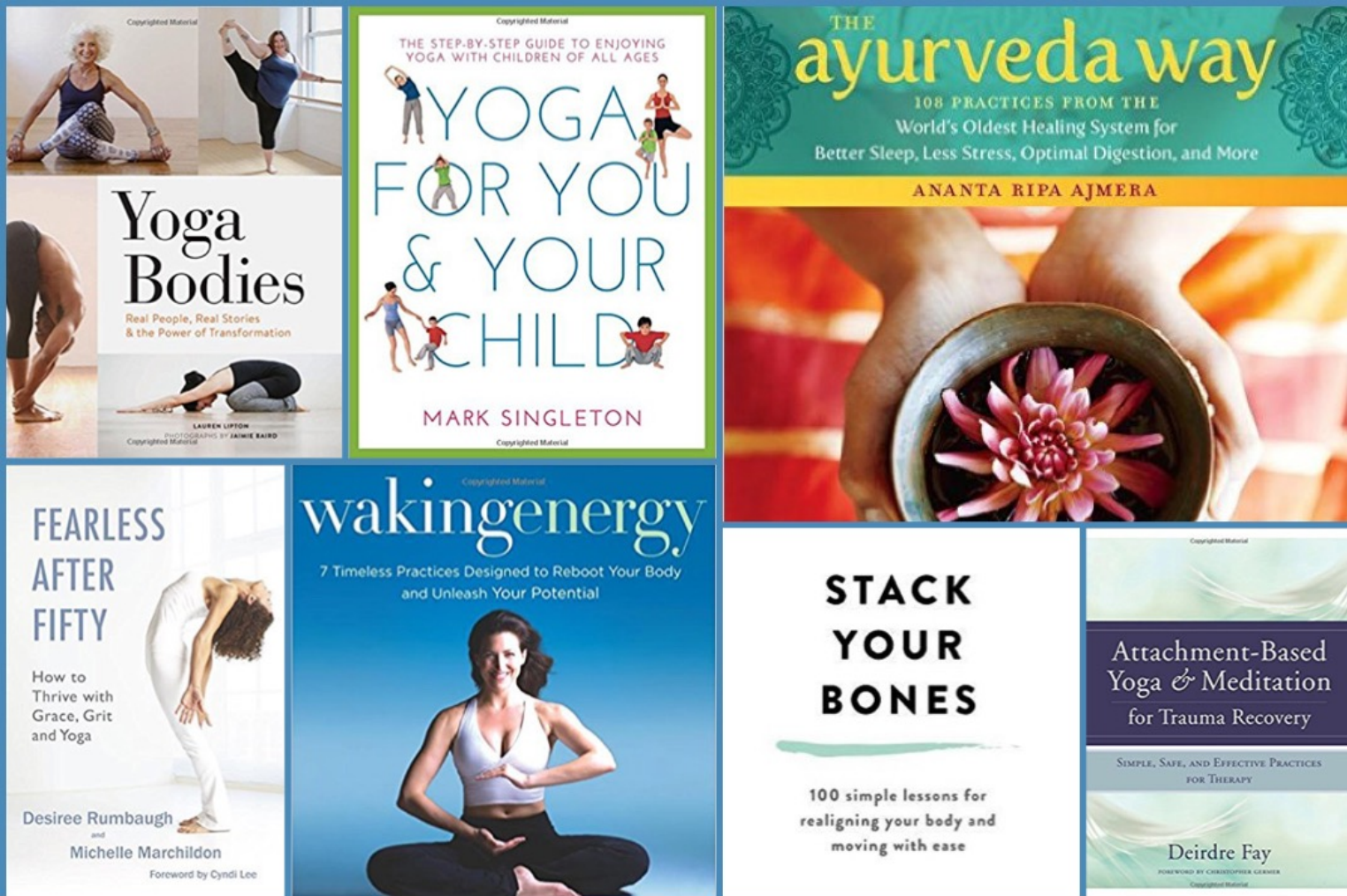
A few other items to throw in your bag

While I've covered most of the necessities above, you'll want to

remember these extra goodies. Bring a **photo ID and your ticket** to get into the festival. **Business cards** are also a great idea since yoga festivals are an ideal place to socialize and

network. Don't forget a **pen and journal** for taking notes. Bring some **mala beads** to stay centered and accessorize with **spiritual jewelry**.

In addition to your suitcase you'll want to pack a **day bag or backpack** to carry things like your water bottle, snacks, and mat during the festival. For a lightweight option, consider using a **fitness money belt** for carrying your essentials around. If you are sensitive to sound or planning to sleep in a bustling campground, pack **earplugs**. Don't forget to bring your **camera** so you can capture the many magical moments that are bound to ensue!



THE BEST YOGA BOOKS FOR SUMMER 2017

.....
BY TIMOTHY BURGIN

Summer is the season to dive deep into the world of books and relish in relaxed reading on sun-drenched lawns. Unfortunately for yogis, our summer reading list is not for casual readers or lovers of leisure. If you desire to spend some of your summertime in

school mode, then check out these great titles—they are certain to deepen your knowledge and enliven your practice.



Fearless After Fifty by Michelle Marchildon and Desiree Rumbaugh

With age and experience, most yogis need and want to craft a different approach to both yoga and lifestyle, especially after the age of 50. Thankfully, this collaboration of two yoga teachers provides the inspiration, support, advice, and encouragement to embrace the changes of aging and to continue to live a rich and fulfilling life. If you need a good spiritual pep-talk and prefer personal stories and experiences over detailed yoga philosophy and lists of practices, then this book is for you.



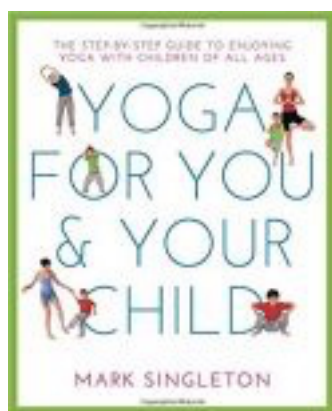
Stack Your Bones by Ruthie Fraser

While not written especially for yoga practitioners, this sweet little hardcover book is filled with short explorations to deepen and strengthen body awareness. Based on the tenets of Structural Integration, practice these simple lessons sequentially, randomly or any way you'd like. Deepen your focus and alignment awareness in yoga poses with these concise, accessible, and practical exercises, which can also provide themes and inspiration for yoga teachers.



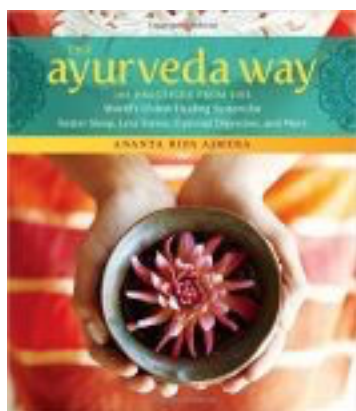
Yoga for You and Your Child by Mark Singleton

Parents and teachers can make sharing and teaching yoga safe, effective, and fun for children using this new book of yoga poses, meditations, and pranayamas. Over forty yoga poses are illustrated with multiple color



photos and described with detailed instructions, benefits, cautions, modifications, and visualizations. With non-traditional asana names, the poses are fun and accessible to children. The book includes several yogic breathing techniques and meditations as additional tools to calm and soothe children.

The Ayurveda Way by Ananta Ripa Ajmera



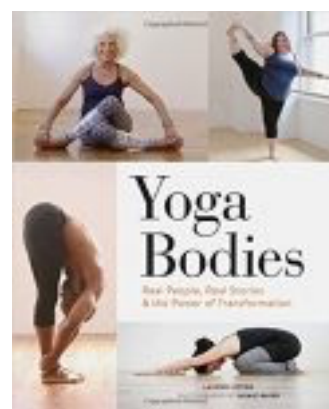
Ayurveda, yoga's sister healing science, often feels inaccessible due to its depth, richness,

and complexity. Thankfully this ancient wisdom is distilled into simple advice and general practices to improve health and wellness in this lovely new hardcover book. Use these 108 tips and ideas in any order and at any time you feel the need to make a change in your life. Learn how to improve digestion and

sleep, reduce stress, improve your diet, and create a more balanced life through these beautifully designed pages with gorgeous illustrations, typography, and photography.

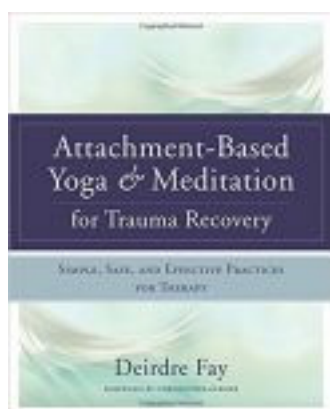
Yoga Bodies by Lauren Lipton

Positive body image and inspiration is the focus of this book of full-color yoga pose portraits of everyday yogis. In a beautiful two-page layout of photos and text, this book presents over 80 practitioners of all ages, shapes, sizes, backgrounds, and skill levels. Each yogi tells their personal story in a unique way—some are profound, moving and inspirational—others are more plain and ordinary. This montage of diversity drives home the central tenant of this book: yoga is indeed for every body.



Attachment-Based Yoga & Meditation for Trauma Recovery by Deirdre Fay

While written specifically for therapists, this professional book is very readable (though definitely

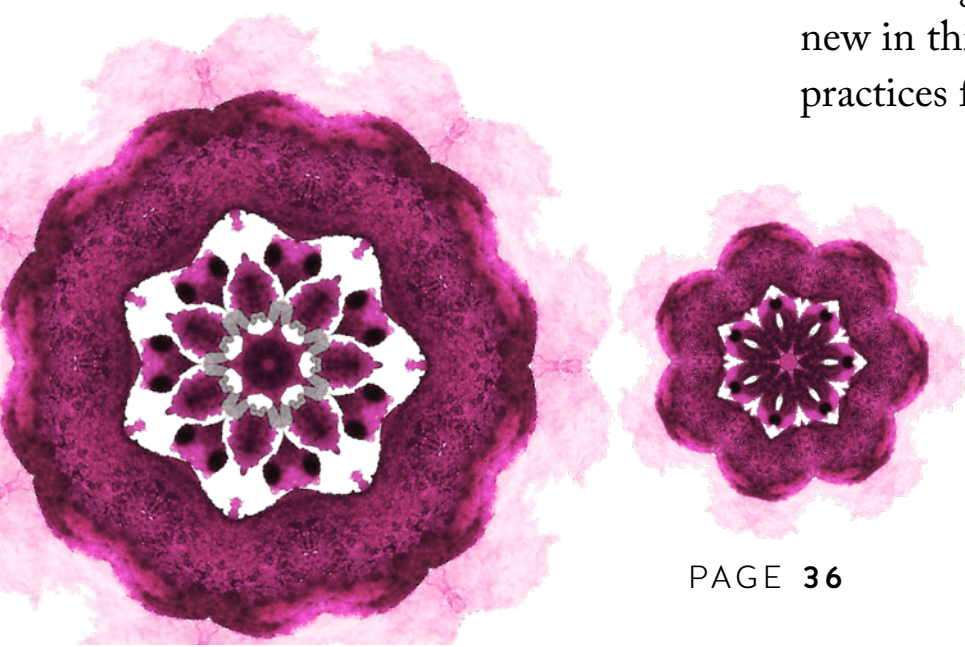
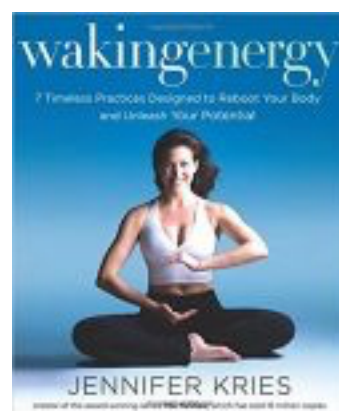


not light reading material) and profoundly fascinating to anyone interested in psychology and the

philosophy and practice of yoga. Through extensive client stories, research, theory, and suggested practices and exercises, the author explores the intersection of yoga, meditation, and trauma.

Waking Energy by Jennifer Kries

This book details an eight-week program to experience a unique weaving of different traditions and practices: QiGong, Kundalini Yoga, Yin Yoga, Vinyasa Yoga, Five Tibetan Rites, Pilates, Inner Smile, Healing Sounds, and Meditation. All of these practices explore the cultivation, use, and circulation of life force energy—primarily through breath and focus but also through sound and movement. Each chapter details the history, philosophy, and exercises of each practice and tradition. Learn and experience something new in this engaging collection of practices from around the globe.



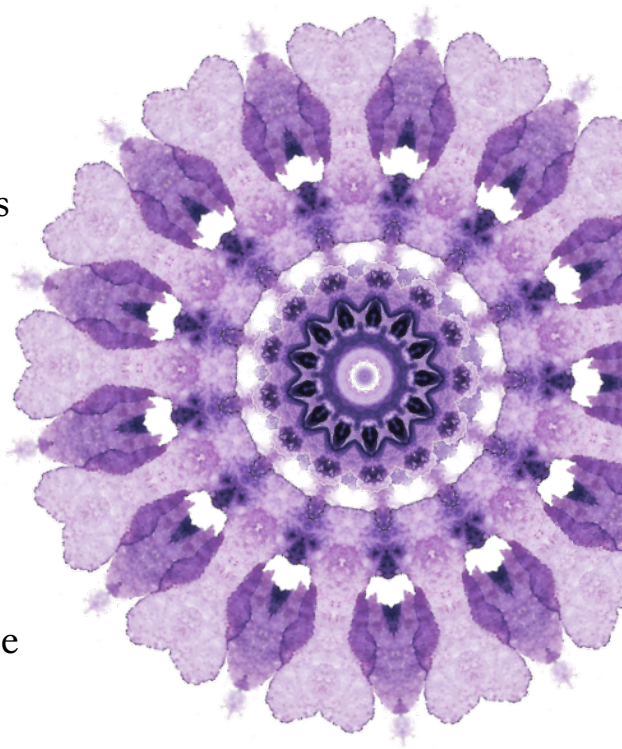
About YogaBasics.com

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YogaBasics.com was launched in 2001 to provide a comprehensive online resource for yoga. Since then we have continued to refine and expand our site's offering of yoga postures, sequences, yoga therapy, and articles covering a broad range of subjects. We hope that you enjoy your time exploring our site and that you find valuable information to help you deepen your yoga practice.

Mission Statement

Our deepest desire and wish is to make the world a better place. Our highest goal is to remove the suffering, misery and unhappiness of the people of the world, and to remove the causes of this suffering. We are here to serve, in our highest capacity, to spread the knowledge and wisdom of the ancient path of yoga to all who desire these tools. We pray that our work helps others to learn, grow and develop spiritually, physically and mentally. May peace, love and joy reside in the hearts of all.



Good Business Karma

Yogabasics.com is operated using the yogic principles of the yamas and niyamas. We embrace the yogic teaching of Ahisma (nonviolence) in our relationship to the earth. At YogaBasics.com we have a strong commitment to protecting the planet by becoming a carbon neutral and green company. Through Samtosha and Asteya we practice generosity through contributing over 5% of our profits to non-profit organizations.

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