

Yoga Resources Available at Madison County Public Library/Berea and Richmond

Books and DVDs for Children and Parents

JF/Pas in Berea and Richmond ***My Daddy is a Pretzel: Yoga for Parents and Kids*** by Baron Baptiste. While other children's parents are veterinarians, gardeners, and builders, one father is able to become a dog, a tree, and a bridge using various yoga poses.

ENF 613.7/Bru in Richmond and Berea ***Babar's Yoga for Elephants*** by Laurent de Brunhoff. Babar the elephant demonstrates and provides step-by-step instructions for basic Hatha yoga techniques and positions, then shows how he and Celeste use them to relax and have fun as they travel around the world.

J/613.7/Bur in Richmond ***Yoga for Beginners*** by Brian Burns. Presents an introduction to Yoga, discussing such topics as its basic principles, consciousness, breathing, postures and exercises, and meditation. (Series: **From Couch to Conditioned: a Beginner's Guide to Getting Fit**)

613.7/Cha in Berea. ***Yoga for Children: a Complete Illustrated Guide to Yoga*** by Swati Chanchani. ***Yoga for Children*** "traces the roots of Yoga in mythology and legend, and includes many stories and tales bringing out the quality of, and inspiration for, the postures. It also stresses the links of the postures to the natural world -trees, mountains, flowers, animals. The book lays emphasis on the universal moral and ethical values implicit in the practice of Yoga such as non-violence, truth, self-discipline, simplicity and contentment. Besides, it highlights the geometrical forms and precision in the postures, so that children can relate to these abstract concepts through what they have learnt in their body movements. Each Yoga posture is explained through photographs, drawings, stories and detailed instruction with figures illustrating several stages in performing the posture. Important 'dos and don'ts' and the benefits of each posture are also given. [Includes] a detailed section meant for parents and teachers comprising specific guidance on keeping the children practicing Yoga creatively, enjoyable and safely."—Amazon.com

J/613.7/Maca in Richmond ***Yoga in Action*** by Kelley MacAuley. Introduces the basics of hatha yoga, including the proper diet and thinking, equipment and clothing, and poses used in practicing this form of exercise. (Series: Sports in Action)

J/613.7/Stu in Richmond ***Yoga for Fun!*** Introduces seven positions in hatha yoga and discusses the historical and popular uses of yoga.

649 Gar in Berea. ***Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better, and Grow Stronger*** by Helen Garabedian.

DVD/Yog in Berea. ***Yoga for Families***. 31 min. Kids are naturally flexible, but they will lose that ability if they don't use it. This 30-minute disc is a fantastic way for adults and children to work on that flexibility together. There are several sequences from which to choose but little focus on form, but then here it's more about fun and togetherness than tradition.—***Library Journal***

DVD/Yog in Berea. ***YogaFit Kids!*** with Stephanie Adams. 1 disc; 30 minutes. A YogaFit workout for ages 4-10.

History/Memoir

181/Sri in Berea ***Initiation Into Yoga : An Introduction to the Spiritual Life*** by Sri Krishna Prem.

204/Sym in Berea ***The Subtle Body: The Story of Yoga in America*** by Stefanie Syman. In "The Subtle Body," Stefanie Syman tells the surprising story of yoga's transformation from a centuries-old spiritual discipline to a multibillion-dollar American industry.

294.3/Lov in Berea ***The Great Oom: The Improbable Birth of Yoga in America*** by Robert Love. A "history of yoga's earliest days in America. The spiritual discipline that has colonized America's gyms and trendy loft spaces was once a fringe practice, its advocates treated as charlatans and, occasionally, criminals. Yoga's cultural rise is a story of scandal, financial shenanigans, bodily discipline, oversize egos and bizarre love triangles, with a few performing elephants thrown in for good measure. Mr. Love tells his story through the life of one of yoga's earliest promoters, Pierre Bernard—known as the "Great Oom"—a zany man whose talent for self-invention rivaled that of P.T. Barnum."—***Wall Street Journal***

306.874/Ded in Richmond ***Poser : My Life in Twenty-Three Yoga Poses*** by Claire Dederer. Describes the factors that compelled the author to try yoga and her subsequent enthusiasm for the practice, recounting her love-hate relationship with trickier poses while revealing how her yoga experience came to reflect her values and generational dynamics. "An outstanding entry in the increasingly popular yoga memoir genre, this book sets itself apart with truly good writing. I especially recommend this book to mothers who have struggled with finding balance in their lives after having children."--
<http://yoga.about.com/od/yogagear/tp/bestbooks.htm>

Health and Fitness with Yoga

181/Feu in Berea. ***Yoga for Dummies*** by Georg Feuerstein. This book covers the following topics and more: Five basic approaches to Yoga, Selecting a Yoga class, Practicing Yoga safely, The mechanics of Yogic breathing, Classic foundational postures, Exercises to target problem areas, Putting together your personal routine, and Yoga for special situations. The focus on this book is on Hatha yoga, which ... works primarily with the body through postures, breathing exercises, and other similar techniques. When necessary, the book provides helpful photos or illustrations to help you better understand the exercises or postures.—Amazon.com

613/Coo in Richmond ***Um, Like . . . Om: A Girl Goddess's Guide to Yoga*** by Evan Cooper. Accompanied by real-life teen stories, words of wisdom, and fun sidebars, a guide to yoga not only details various

techniques but also shows how teenage girls can use yoga to overcome challenges and embrace the girl goddess within.

613.7/Bro in Richmond and Berea ***The Science of Yoga: the Risks and the Rewards*** by William J. Broad. Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.

613.7 Fau in Berea and Richmond ***Kripalu Yoga: a Guide to Practice on and off the Mat*** by Richard Faulds. “From the senior teachers of the world-renowned Kripalu Center for Yoga & Health—the largest yoga and retreat center in North America—comes this comprehensive guide to the unique and influential Kripalu method, which emphasizes individual growth over outward perfection of form, making it accessible to people of all ages, fitness levels, and body types.” – Publisher’s description

613.7/Fin in Richmond ***The Yoga Handbook*** by Sumukhi Finney. Presents an introduction to the principles of Hatha yoga and provides explanations and illustrations of the physical postures and relaxation and breathing exercises, and an introduction to meditation.

613.7/Fra in Berea. ***The New Yoga for People Over 50: A Comprehensive Guide for Midlife and Older Beginners*** by Suza Francina.

613.7/Kam Yoga Anatomy by Leslie Kaminoff. A great choice for any yoga lover, this book's unique strength is its illustrations. Rendered through a process of photography, medical illustration, and digital media, each pose is shown from the inside out with the pertinent anatomy highlighted.--

<http://yoga.about.com/od/yogagear/tp/bestbooks.htm>

613.7/Kea in Berea. ***The Yoga Handbook: An Inspirational Reference for Teaching and Home Practice*** by Stephanie Keach. “Loaded with information and inspiration for teachers and those serious about a home practice. This 240 page reference book contains over 260 photographs in its extensive asana gallery... Three appendixes are loaded with valuable information such as props and equipment sources, newsletters, teacher listings, on-line resources. Insurance, an extensive bibliography and recommended reading list, and a Sanskrit glossary as well.”—publisher’s description

613.7/Sch in Berea. ***Yoga for Your Spiritual Muscles: A Complete Yoga Program to Strengthen Body and Spirit*** by Rachel Schaeffer. “Spiritual muscles are the life-enhancing inner qualities that make up our spiritual being. This complete yoga program includes postures, breathing exercises, and relaxation techniques to strengthen twelve inner qualities: awareness, acceptance, focus, flexibility, balance, confidence, peace, strength, compassion, energy, playfulness, and connectedness. The book’s premise is simple: Developing a more flexible spine can make us more flexible in solving everyday problems. Improving our sense of balance can help us balance work and play, concern for self, and care for others.”—Amazon.com

613.7/Sti in Berea ***Yoga Cures : Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-free*** by Tara Stiles. Demonstrates yoga poses that can ease everyday health challenges, from headaches and anxiety to depression and vertigo.

613.7/Yog in Berea. ***Science of Breath*** by Yogi Ramacharaka. A comprehensive guide to the philosophy and practice of breathing techniques.

DVD

DVD/Abs in Richmond. ***Abs Yoga for Beginners*** with instructor Rodney Yee. 1 disc; 30 minutes. Mind-body workout.

DVD/Bed in Berea ***Carol Dickman's Bed Top Yoga: Simple Stretches & Yoga Techniques You Can Do in Bed.*** 33 min. and DVD/Sea ***Carol Dickman's Seated Yoga: Simple Stretches & Yoga Techniques You Can Do in a Chair.*** 43 min. Stretch/yoga instructor Dickman has a very calming manner as she demonstrates exercises appropriate for all practice levels, including advanced practitioners looking for a relaxing session. Requires only a bed or a chair; just the thing for people with limited mobility. —***Library Journal***

DVD/Bet in Richmond. ***Bethenny's Skinnygirl Workout.*** 1 disc; 50 minutes. Three easy-to-follow yoga workouts with instructor Mike McArdle. Includes bonus stretching segment and recipe booklet.

DVD/Eas in Richmond. ***Easy Yoga for Arthritis*** with instructor Peggy Cappy. 1 disc; 110 minutes. Gentle routine for all ages and abilities.

DVD/Eas in Richmond. ***Easy Yoga for Easing Pain*** with instructor Peggy Cappy. 1 disc; 53 minutes. Seated exercises for individuals with joint or muscle pain.

DVD/Hea in Richmond. ***Heart Healthy Yoga*** with instructor Peggy Cappy. 1 disc; 100 minutes. Two workouts for beginners and experts.

DVD/Int in Berea. ***Intermediate Yoga*** with instructor Rodney Yee. 1 disc; 64 minutes. Intermediate Yoga includes: Sun Salutation, Inverted Poses, Backbends, Headstands, and Shoulderstands.

DVD/Pow in Berea. ***Power Yoga for Happiness 2*** Starring Eoin Finn. 2 discs; 270 minutes. 6 different yoga routines. "Vancouver, BC-based instructor Finn (a self-proclaimed yogi, surfer, and "Blissologist") brings his unique vinyasa (power) yoga to this very long two-disc set...Clearly, Finn is intensely committed to yoga, and here he caters to a variety of skill levels. You can't go wrong with this or any other of his DVDs." —***Library Journal***

DVD/Pre in Richmond. ***Prenatal and Postnatal Yoga*** starring Elena Brower. Prenatal to strengthen, tone & relax; Postnatal to restore your body & energy.

DVD/Pre in Richmond. ***Prenatal Yoga Complete*** starring Mary Pappas-Sandonas, interactive personal trainer. Over 20 routines for each trimester.

DVD/Sea in Berea. **Sean Corne: Yoga from the Heart.** 1 disc; 100 minutes. Transform your self and your world with this Vinyasa Flow practice.

DVD/Shi in Berea. **Shiva Rae: Free Flow Vinyasa.** 1 disc; 100 minutes. Unleash your creative spirit through this improvisational Vinyasa practice.

DVD/Yin in Berea. **Yin Yoga: The Foundations of a Quiet Practice.** 2 discs. 338 min. This two-disc set from Paul Grilley is quite a powerhouse. The antithesis of high-energy yoga, yin yoga requires holding a pose for five minutes or longer, with muscles relaxed at all times. It challenges the practitioner to calm the mind and slowly stretch the body. Disc one is all lecture and theory; disc two offers many hours of yin practice.—*Library Journal*

DVD/Yog in Berea. **Yoga Burn** with instructor Rodney Yee. 1 disc; 60 minutes. Yoga program that yields results for beginners and experienced practitioners.

DVD/Yog in Berea. **Yoga for Abs.** 1 disc; 40 minutes. Two easy to follow 20 minute sessions for beginners.

DVD/Yog in Berea. **Yoga for Beginners** with Patricia Walden. 1 disc; 1 booklet; 1 hour 40 minutes. Includes **Yoga Practice Guide** booklet.

DVD/Yog in Berea. **Yoga for the Core** with instructor Shelly McDonald. 1 disc; 69 minutes. Caribbean workout that targets abs, buns and thighs. Includes 3 yoga workout episodes.

DVD/Yog in Berea. **Yoga: Stretch Into Yoga** with instructor Shelly McDonald. 1 disc; 69 minutes. Caribbean workout. Includes 3 yoga workout episodes.

DVD/You in Berea. **You Can Do It Yoga for MS** starring Denise Nizzare. 1 disc; 54 minutes. Exercise for people with Multiple Sclerosis.

Websites and Magazines

About.com Yoga (<http://yoga.about.com/>) Full of information about yoga for beginners and experts. Includes links to specific topics, such as yoga for new mothers, seniors, etc., links to equipment vendors, how-to information with illustrated and/or videoed poses and routines, a yoga glossary, explanation of various styles of yoga, and much more. You can sign up for a free online newsletter as well.

Yoga Journal at Berea. Our subscription began in February 2012. We will keep one or two years of back issues, and all but the current issue may be checked out.

Music CDs

Dragon & Phoenix: Music for Healing, Reiki, Yoga, Movement. CD Sei (World/New Age section)

Yoga One. CD Yog (World/New Age section)

