

THE ULTIMATE POSE FOR **CORE STRENGTH**

yogga

JOURNAL

FIND
PEACE
& QUIET

in an over-stimulating world

7 POSES FOR
RESTFUL SLEEP

A twisting sequence
for **BETTER
DIGESTION**

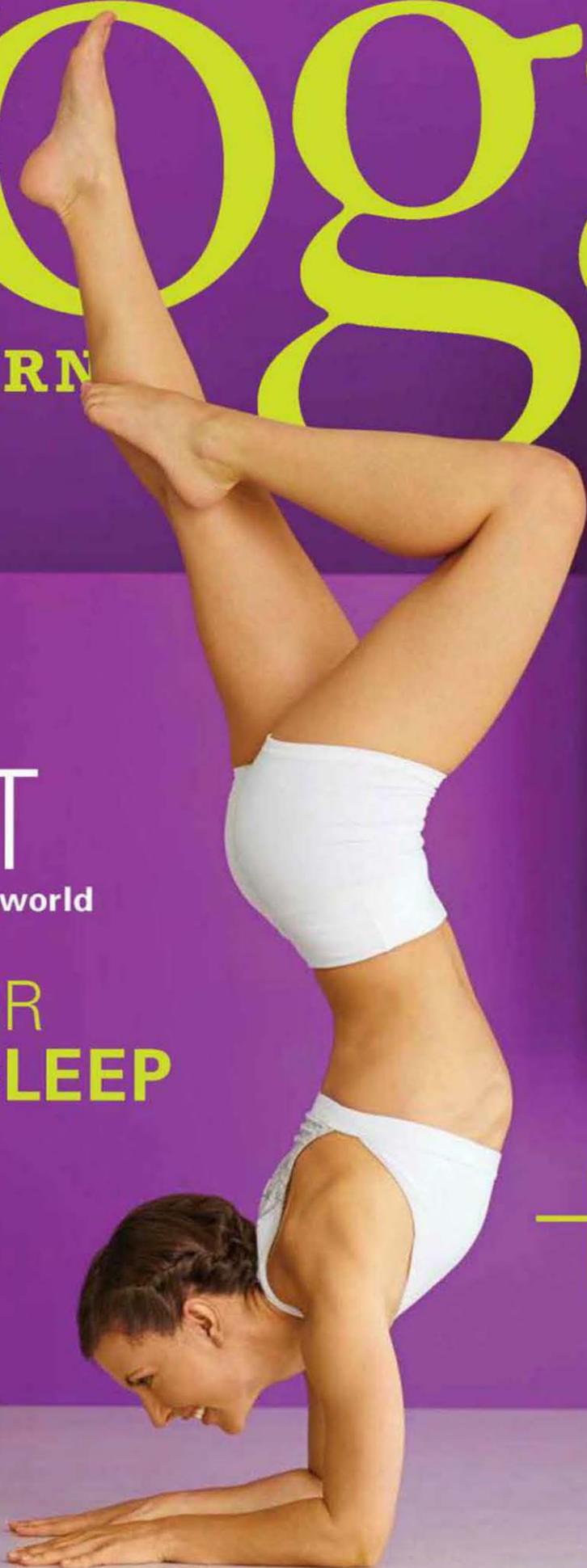
Oct 2013 / Display until Oct 15, 2013

6 WAYS
TO
**BEAT
STRESS**

**THE
YOGA
DIET**
IT'S NOT
WHAT
YOU THINK



A peek inside
the new
Smithsonian
yoga exhibit



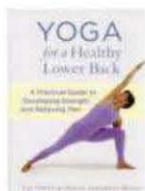
Q YJ Why do you think the practice of Acro Yoga has such a global appeal?

A JN In most cultures, adults don't have a vehicle for connecting to other adults unless it's through bars and drinking. As soon as I did my first international tour, I saw how universally people celebrated this practice. I went to Asia, India, and Europe, and noticed that "Om" sounded the same in Germany and China. And when someone trusted someone else to hold them upside down, it was always the same look in their eyes. It's a human desire to be held and cradled and supported and loved. **KAREN MACKLIN**

happy backs

Yoga for a Healthy Lower Back: A Practical Guide to Developing Strength and Relieving Pain | Liz Owen and Holly Lebowitz Rossi

Shambhala



In their new book, *Yoga for a Healthy Lower Back*, co-authors Liz Owen and Holly Lebowitz Rossi argue that a great deal of the current epidemic of low-back pain can be attributed to stress and poor posture, and that yoga practice can be a help for both. The book encourages readers to explore yoga practice as a tool for keeping their spine healthy and for releasing stress and muscular tension that could be contributing to back pain.

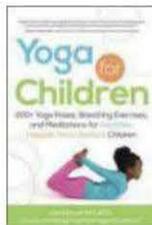
Owen, a teacher in the Iyengar tradition for more than 25 years, and writer Lebowitz Rossi, offer a look at spinal health from both the Western anatomical perspective and a traditional yogic perspective, and include discussions of *chakras* (energy centers), *bandhas* (locks), and *nadis* (energetic channels). Noting that the lower back is connected via muscles and connective tissues to the abdominal core, hips and sacrum, middle and upper back, and neck, the authors address each of these areas with descriptions of asana variations designed to open or strengthen the muscles and joints. The final section of the book offers sequences for specific back issues, from computer overuse to pregnancy. With its mix of practice and theory, *Yoga for a Healthy Lower Back* is helpful both for

yoga students with back pain and teachers who work with them. **BAXTER BELL, MD**

little yogis

Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children | Lisa Flynn

Adams Media



The founder of two yoga programs for children, ChildLight Yoga and Yoga 4 Classrooms, Lisa Flynn has been bringing the teachings of yoga to children for the past 10 years. Her new book, *Yoga for Children*, gives parents tools to share the practice with their kids, including family-friendly exercises, age-appropriate meditations, breathwork, and relaxation practices.

Flynn explains how yoga can help kids who are feeling stressed and overscheduled (she includes breathing exercises for energizing and winding down), and how it can help families bond and connect. She introduces yoga philosophy in language suitable for children. ("Practice peace, be honest, be generous...work hard, have alone time, believe in something bigger.") And she offers fun activities such as mindful eating; massage; taste, smell, and sound meditation; and yoga-based games such as "freeze dance" and "story yoga." The book includes detailed pose instruction for traditional asanas as well as more playful variations (Bee, Flower, Sprinkler, Giraffe). *Yoga for Children* is a valuable resource for parents of children from toddler to preteen who want to introduce their children not only to asanas, but to a whole healthy lifestyle based on yoga's principles. **JESSICA BERGER GROSS**

merging into love

The Unchanging | Donna De Lory

De Lory Music



Occasioned by the recent passing of the artist's father, noted jazz musician Al De Lory, the album *The Unchanging* is one of Donna De Lory's most deeply felt, stylistically diverse, and profoundly

life-affirming albums to date. It features some of her most personal songwriting, but these songs connect the personal with the universal, seamlessly blending evocative English lyrics with the heart-opening power of ancient Sanskrit mantras.

After a decade of recording popular world devotional CDs, De Lory is one of mantra music's reigning queens, but she is also no stranger to the highest strata of the pop realm, having performed as a backup singer and dancer for Madonna for many years, as well as releasing her own pop albums. She brings all of this to bear on *The Unchanging*, striking a satisfying balance of chilled-out electronic grooves, lush string arrangements, and a world-fusion flavor.

Both ethereal and earthy in all the right places, De Lory's glorious voice draws us deep into the heart of these songs of both family and divine love; into a merging with the totality of being where loved ones are never truly absent. **ALAN DI PERNA**

divine drumbeat

Tabla Mantra: Songs of Love and Rhythmic Rapture | Daniel Paul, featuring Gina Salá and the Kirtan All-Stars

Drummer's Ark



The album *Tabla Mantra* is an opulent Indian pageant for the ears, driven by the beat of the Indian tabla, the paired hand drums that provide the pulse for much of Indian music and its offshoots. Created by Daniel Paul, one of kirtan music's foremost tabla players, *Tabla Mantra* is an homage to Paul's musical guru, Ali Akbar Khan, and the many tabla virtuosos who have carried the tradition forward.

Paul's compositions and beats are perfectly paired with Seattle's Gina Salá, the Western kirtan singer who captures the sweet, silky essence of traditional Indian vocal traditions, singing with a tenderness that draws the listener deep into the heart of devotion. Mantra all-stars Jai Uttal, C.C. White, Steve Gorn, and others lend their musical magic to the mix. Richly textured and ornate at times, this music is grounded in the simple beauty of spiritual aspiration. **A.D.P. ❀**