

yoga

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20-minute
practice
to tone
your core page 8

8 poses to create lasting calm

Drop into backbends
without fear

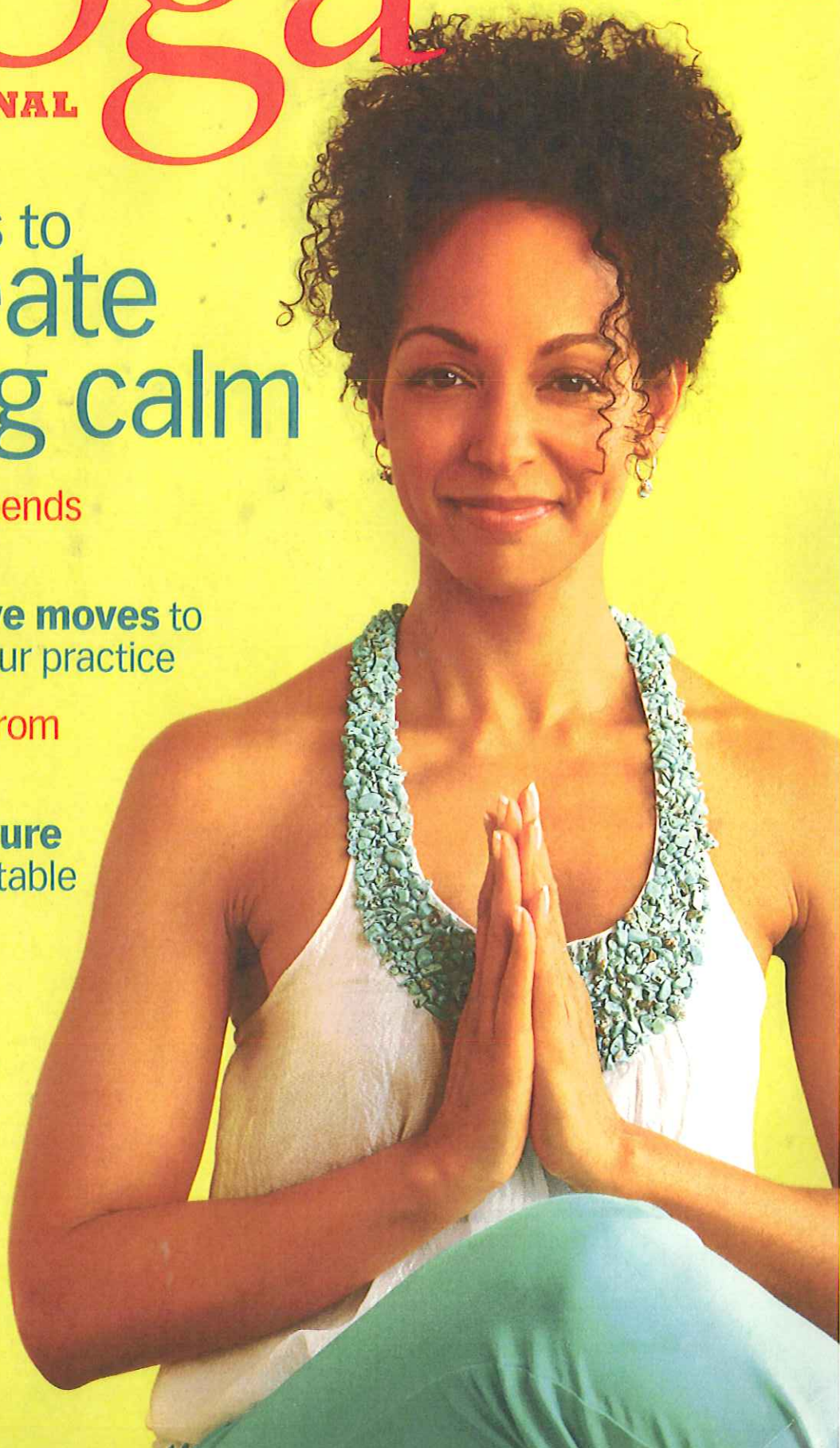
10 **innovative moves** to
expand your practice

Free yourself from
guilty feelings

Celebrate nature
from garden to table



LESSONS
FROM A GURU
Tribute to Sri K.
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SEPTEMBER 2009

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into Ross's studio, Maha Yoga, for this recording. Ross is no stranger to music: He's worked with bands such as the Beach Boys, Fleetwood Mac, and Men at Work and has taught yoga to the likes of Def Jam Recordings founder Russell Simmons. Here, he plays acoustic guitar, with rhythmic backing from bass guitar and percussion. His spirited singing and gentle, good-humored introductions to the mantras like "Bolo Bolo" exude warmth.

Ross's approach has the accessibility of American folk music. Several tracks escalate into stomping, barn-dance climaxes, and Ross's chordal treatment of "Hare Rama Hare Krishna" gives the mantra a sound reminiscent of Woody



Guthrie's "This Land Is Your Land." These familiar musical touchstones provide a great point of entry for newcomers to devotional

chanting, but more seasoned fans will also appreciate Ross's incorporation of American folk and high-pitched vocal style into live kirtan. ALAN DI PERNA

YOGA REVOLUTION: Volume 1, by various artists. Nutone Records; nutonemusic.com

To music producer Frank Fitzpatrick, yoga is a means of connection. The devoted practitioner was inspired to bring together mantra recording artists like Krishna Das, Deva Premal, and Guru Singh and Top 40 musicians Sarah McLachlan, Sheryl Crow, and Peter Dinklage on one CD. In one way or another, says Fitzpatrick, all of these artists are yogis: "Some may practice, but each has created music from a place deep within themselves, in connection with spirit and with an intention to help listeners become more deeply connected to themselves and one another."

The 14 tracks come from a variety of genres—everything from rock anthems and folk tunes to ancient Vedic chants and world music—but all the selections have spiritual undertones. "Love Is My Religion," by Ziggy Marley, is an acoustic reggae jam that's as funky as it is devotional. McLachlan's soulful "Prayer to St. Francis" sings of living a spiritual

life, and Guru Singh and Seal's "I Am" is a joyful celebration of the Divine present in everyone. *Yoga Revolution* is an eclectic set, for sure, but it's also a sweet, uplifting look into how various artists devote themselves to love, peace, and spirituality in their own creative ways. Net proceeds go to Youth Health Alliance, a nonprofit that provides yoga, academic, and health programs for underserved elementary and middle-school students around the country. LAUREN LADOCEUR

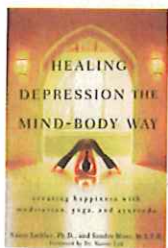


(books)

HEALING DEPRESSION THE MIND-BODY WAY: Creating Happiness with Meditation, Yoga, and Ayurveda, by Nancy Liebler and Sandra Moss. Wiley; wiley.com

At the outset of their book, Nancy Liebler and Sandra Moss acknowledge that no two depressions are alike in either cause or effect, and no single cure, medicine, or therapy works for everyone. Liebler is a psychologist and adjunct professor at the Michigan School of Professional Psychology. Moss, an Ayurvedic practitioner, is the director of curriculum planning and accreditation at New Leaf Ayurveda, a school in Southfield, Michigan.

After a glowing foreword by Vasant Lad, founder and director of the Ayurvedic Institute in Albuquerque, New Mexico, Liebler and Moss present a set of



tools for self-discovery and self-care drawn from modern science and the ancient wisdom of yoga and Ayurveda, yoga's sister science. To that end, they provide a solid introduction to Ayurvedic theory as well as self-reflection exercises—a mirror in which you might glimpse the truth of your malaise. While they note that your depression is specific to you alone, they offer three useful prototypes of depression, based on imbalances



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of the *doshas*, or constitutional elements that determine health. The authors make dosha-balancing recommendations for meditation, yoga, nutrition, aromatherapy, and sleep. But the strength of this book lies in self-observation exercises designed to increase your awareness and help you piece together your daily and even seasonal habits as they relate to your depression. It's a paradigm for self-understanding, compassion, and the happiness that, according to their take on Ayurveda, is your birthright. H.D.

(videos)

MAYA YOGA VINYASA FUSION SERIES,
with Nicki Doane. yogamaui.com

Yoga DVDs aren't just for beginners. A new series from Ashtanga-trained instructor Nicki Doane provides a practice boost to intermediate students looking for excellent instruction, superb sequencing,

and breathtaking pose modeling. Each disc features well-rounded vinyasa practices with a different focus—core strength, standing poses, backbends. Doane's friendly, just-off-deadpan voice is the perfect vehicle for delivering guidance without irritation or distraction.

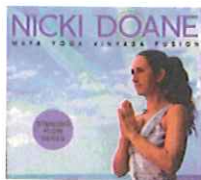
Experienced yogis will appreciate her attention to detail—she delivers a wealth of instruction on how to master the asanas. However, if you've never done Bhujapidasana (Shoulder-Pressing Pose) before—or you aren't even sure what that means—these discs are not for you. But if you have a well-established home practice and need a challenging go-to DVD, this series will remind you what an inspired practice looks and feels like. H.D.

DEEP STRETCH YIN YOGA,
with Mimi Solaire. mimisolaire.com

A counterbalance to vigorous yoga practice, Yin Yoga entails passively remaining

in a pose, often supported by props, for several minutes. The three 20-minute sequences for the back, hips, legs, neck, and shoulders in *Deep Stretch* are based on this approach.

It would be easy to let your mind wander while in these long-held poses, but Mimi Solaire, a yoga teacher and member of the International Association of Yoga Therapists, engages your attention with clear instructions supported by vivid images, practical explanations of the postures' benefits, and ideas on how to approach the practice. There's also a 10-minute "bonus superstretch" session at the end. *Deep Stretch* is a relatively brief but effective practice (the sequences can be done either separately or in combination for a longer practice), making it an excellent tool for keeping the mind focused, calm, and alert as you breathe and stretch in juicy Yin Yoga poses. RICHARD ROSEN ❖



Deep Stretch



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