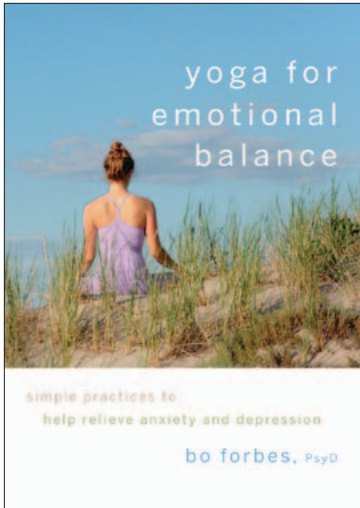


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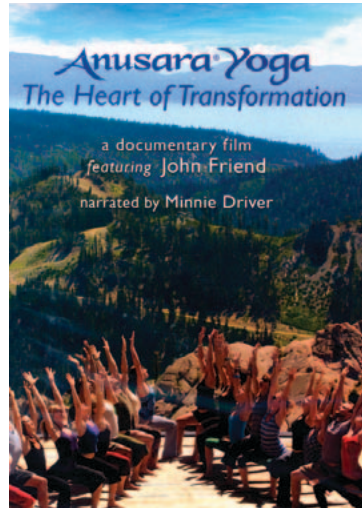


**BOOK YOGA FOR EMOTIONAL BALANCE: Simple Practices to Help Relieve Anxiety and Depression,**

by Bo Forbes. Shambhala Publications; [shambhala.com](http://shambhala.com)

In *Yoga for Emotional Balance*, Boston-based psychologist and yoga teacher Bo Forbes has crafted a knowledgeable, realistic guide to addressing the physical and psychological aspects of anxiety and depression, explaining how we can use the body and mind in concert with each other to heal. Yoga, of course, is ideally suited for the task.

It's become commonplace to talk, sometimes unreasonably, of the "wisdom" of the body or how



our thoughts "create" our reality. To her credit, Forbes grounds her ideas and recommendations not in airy-fairy nostrums but in sober observations (as both a therapist and a yoga teacher), scientific literature, and a bodhisattva's compassion for human suffering. Her first five chapters describe her understanding of our emotional wiring: how anxiety and depression work (mentally and physically), what gets in the way of change, how to facilitate true healing, and how to transform (and even find meaning in) our psycho-emotional suffering. These chapters conclude with breath and body exercises designed to heighten our psycho-physical awareness, calm the mind, and energize the body. The book's second half details four emotional types — anxious body

with an anxious mind, depressed body with a depressed mind, depressed body with an anxious mind, and anxious body with a depressed mind—and provides restorative practices aimed at rebalancing each type's emotional state. If you're struggling with anxiety and depression, this book could point the way to wholeness and well-being. PHIL CATALFO

**DVD ANUSARA YOGA: The Heart of Transformation,**

YogaKula; [yogakula.com](http://yogakula.com)

This lovely documentary aims to capture the essence of Anusara—a system of practice that's as much about love as it is about alignment. The film opens by establishing some history (yoga came from India), context (Americans are stressed!), and evidence of an emerging trend (packed yoga classrooms). Then an array of yogis talk about their Anusara experiences.

Founder John Friend is featured heavily, as are other senior Anusara teachers, including Desirée Rumbaugh, Darren Rhodes, Elena Brower, and Amy Ippoliti. Scholar Douglas Brooks, meditation teacher Sally Kempton, chantmeister Krishna Das, actress Minnie Driver (who narrates), and *Yoga Journal* medical editor Timothy McCall also weigh in. From their insights and experiences, you come to know Anusara. Hearing them talk about the heart-opening aspect of the practice, you may feel your own heart respond in kind. The locations (Scotland, India, Spain, and Colorado) provide breathtaking scenery; the music (by Ty Burhoe, Dave Stringer, and Shantala) is ➤

## media

> relaxing; the editing is top-notch. But this is, openly, a film for devotees, about devotees, by devotees. It is co-directed by Saraswati Clere, the founder of two Anusara studios (in Berkeley and San Francisco) called YogaKula, and her filmmaker sister, Kate. If you are an Anusara lover or want to learn about the practice—and the joyful community of yogis who embrace it—you'll find this film to be a pleasure to watch. HILLARI DOWDLE

**CD MRIDANGA**, by The Mayapuris.

Mantralogy; [mantralogy.com](http://mantralogy.com)

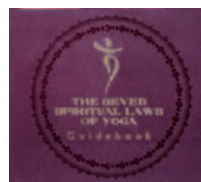
The Mayapuris are the new kids on the *bhakti* block, but if the iTunes world music charts are any indication, they are already taking the *kirtan* world by storm: Their debut album, *Mridanga*, climbed to No. 7 within two weeks of its release. Most of the five American- and Swiss-born band members grew up in Hare Krishna families and attended a boarding school together in the holy city of Mayapur in West Bengal. Kirtan and bhakti yoga have always been a part of their lives.

*Mridanga* is named after the band's favored drum, a fundamental instrument in Gaudiya Vaishnava kirtan—a traditional style of kirtan that comes from western India, in which The Mayapuris' music is steeped. In their talented hands, the ancient mridanga produces deep, earth-shaking rhythms and the sweet, high sounds that infuse nearly every song on the album, especially the two instrumentals, "Conundrum" and "Mridanga!" The joyous chanting on tracks like "Song of Nadia" and "Jai Sri Krsna" shines with devotion. With their drums and elevating vocals, The Mayapuris take their listeners on a wild and rhythmic ride that is sure to get the bhakti surging. *Mridanga* is excellent as an accompaniment for faster, flowing styles of asana, and essential for ecstatic dancing. KATHERINE RAE

**BOOK THE SEVEN SPIRITUAL LAWS OF YOGA GUIDEBOOK**, by David Simon, MD. Chopra Center Press; [chopra.com](http://chopra.com)

How can you get the most from your yoga practice? By working with intention, write

self-improvement gurus Deepak Chopra and David Simon in the introduction to Simon's latest work, *The Seven Spiritual Laws of Yoga Guidebook*. Stay conscious of what you're doing and why you're doing it, they say, and dedicate your practice to your highest goals. The guidebook offers plenty of inspiration: Each day of the month is dedicated to one of the spiritual laws Chopra and Simon set forth in their original 2005 work, *The Seven Spiritual Laws of Yoga*. (The laws relate to pure potentiality, giving and receiving, karma, effort, intention and desire, detachment,



and dharma.) You need not have read their first book to benefit from the second. Every day offers an insight; a minicourse in the "law" du jour; a mantra, chant, chakra, and pose to focus on; and a quotation to ponder from Chopra or Simon. Made of sturdy card stock and spiral bound to lie flat near your mat, this guidebook can (and should) be referred

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to again and again. With its rich colors, beautiful illustrations, and well-chosen content, it delivers on its own intention to inspire. **HILLARI DOWDLE**

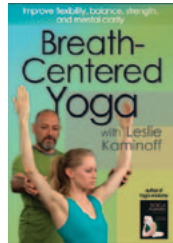
**DVD BREATH-CENTERED YOGA, WITH LESLIE KAMINOFF.** Human Kinetics; [humankinetics.com](http://humankinetics.com)

Yoga is infinitely adaptable to the individual. Leslie Kaminoff, a yoga educator and the co-author of the book *Yoga Anatomy*, can enrich your experience—and your understanding—of this concept on his new 95-minute DVD.

To demonstrate individualization in action, Kaminoff leads four practice sequences, so you can watch four models with various body types learn, move, and make modifications live on camera. It is a teaching tool as well as a practice aid to help you in your own work on the mat. For each sequence, you can choose from two to five audio commentaries, which share in-depth detail about various modifications. After all, bodies come in all types: round, stiff, pain-addled,

flexible, fragile-boned, athletic. Some have endured addictions or survived serious accidents.

The four 18- to 29-minute sequences (Standing, Warrior, Flowing, and Floor) can be programmed to play separately or in any combination if you're craving a



longer practice. The sequences help build a strong foundation for the movement of the breath. The video's 18 audio tracks offer nearly eight hours of practical information on anatomy, breath, movement, and yoga—which is beneficial to yoga newcomers, students, and experienced teachers alike. **KATE VOGT**

**CD INNERVERSIONS: A Six Degrees Yoga Compilation,** by Derek Beres. Six Degrees Records; [sixdegreesrecords.com](http://sixdegreesrecords.com)  
The soundtrack of yoga is changing fast. DJ and yoga teacher Derek Beres is playing his part in the revolution with this incredible compilation, which is intended

to introduce the yoga community to international music beyond the world of *kirtan*. Culling his favorite tunes from the entire catalog of Six Degrees Records, an independent world music label, Beres delivers a transcendent, multicultural mix of music to move with.

Beginning with a rousing Bombay Dub Orchestra remix of the Iranian songstress Azam Ali's "Abode," the compilation transports listeners on an exhilarating journey around the world of global electronica. Six Degrees veterans Cheb i Sabbah and Karsh Kale both make an appearance, and the Brazilian singer-songwriter Céu brings a sultry and enchanting flavor to the mix. Beres adds a new track to the Six Degrees vaults, with the mesmerizing selection "Makye Ghir Allah," which is from his own Earth-Rise SoundSystem release. While the majority of the tracks are high energy, the final song, Bob Holroyd's "Adrift in Kerala," is, quite honestly,



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Savasana bliss. What's more, the songs feature vocals in many tongues. "It is my hope that by compiling playlists like *Inner Versions*, I can help more minds become attuned to the reality that most people around the world cherish the same beliefs and ideals," says Beres, "even if expressed in other languages." This is breathing, moving, dancing, living, loving music. Beres has created an indispensable album with serious rhythm and soul that is sure to liven up your asana practice. K.R.

### DVD GENTLE YOGA FOR CANCER

**PATIENTS: Reconnecting Body, Mind and Spirit**, by Lynn Felder. Wake Forest University

Baptist Medical Center; [artsofyoga.com](http://artsofyoga.com)

"Cancer nearly took away my body, and yoga gave it back," says North Carolina yoga teacher Lynn Felder, who was diagnosed with ovarian cancer in 1998. Yoga was such a powerful part of her healing that she began teaching gentle, restorative yoga to patients



at Wake Forest University's Comprehensive Cancer Center in 2001, and collaborated with researchers there on studies that suggest the practice may enhance the

emotional health of, and reduce fatigue in, women who have ovarian or breast cancer.

"This is the practice that I was looking for when I was undergoing treatment," she says. The 45-minute practice is divided into three parts: a guided meditation, a hatha practice, and a restorative yoga sequence. Production values are fairly simple; Felder and another woman demonstrate the postures, mostly while sitting in chairs. The guided meditation and restorative yoga sections invite participants into a comfortable, relaxed experience in body and mind, which is especially helpful during cancer treatment and survivorship. The hatha practice is energizing and well balanced, although I found myself wishing that she had offered supine variations of the seated forward bends and twists, because doing these poses is inadvisable for people whose bones may be compromised as a



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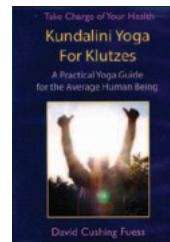
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result of chemotherapy or osteoporosis. That said, this DVD is a useful tool for cancer patients who want to establish a home practice. Felder's efforts to ease the emotional and physical pain that often accompanies this disease are an inspiration. CAROL KRUCOFF

**DVD KUNDALINI YOGA FOR KLUTZES: A Practical Yoga Guide for the Average Human Being**, with David Cushing Fuess.

Self-published; [acupuncture12.com](http://acupuncture12.com)

Kundalini Yoga videos are often led by turbaned teachers with spiritual names ending in *Singh* or *Kbalsa*... but not here. True to his title, Fuess, a white-bearded bear of a man, looks and sounds like an average human being, though his career, according to the DVD package, has been anything but: For 35 years he's been a teacher, an "international speaker,... a healer, and high-level energy sensitive." His video consists of a 32-step "protocol" that will, he says,



"purify, balance, and oxygenate your body." This leisurely practice is divided into seven major sections: Powerful Breathing, Warm-Up Hips, Abdominals, Standing, Balance,

Spine Flexibility, and Completion. Each section consists of a handful of simple exercises. Some, like the abdominal-strengthening sit-ups, are similar to calisthenics; others, like Breath of Fire, come from Kundalini Yoga. Fuess has an upbeat message with down-to-earth instruction for all of us "average" humans.

RICHARD ROSEN

**DVD BACK CARE BASICS FOR EVERYONE**, Yoga & Pilates with Sue Brantley;

[suebrantley.com](http://suebrantley.com)

These days, almost everyone can use some help for alleviating back pain. Although the title of this video suggests a combination of yoga and Pilates, a third modality is included. Called "myofascial release," the technique is best described as a type of self-massage with either a tennis ball or a foam roller, which is pressed against the wall or floor to open areas of the back, torso, legs, hips, and groins. The video,

which offers three 22- to 25-minute series, opens with 5 to 8 minutes of myofascial-release exercises. The Pilates and yoga work that follows consists of reclining or kneeling floor exercises such as alternate arm and leg raises or asanas like Bridge Pose and Cobra Pose.

A student of yoga teachers Baxter Bell and Elise Browning Miller, Brantley gives detailed instructions and expertly uses her model to illustrate her points. This video should help anyone who wants to do self-therapy on a mild to moderate back injury, or just to strengthen their back. R.R.

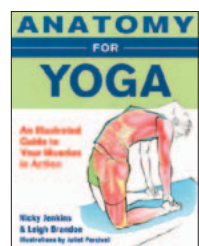


**BOOK ANATOMY FOR YOGA:**

**An Illustrated Guide to Your Muscles**

**in Action**, by Nicky Jenkins and Leigh Brandon. McGraw Hill; [mhprofessional.com](http://mhprofessional.com)

Have you ever wondered how you developed your unique posture, and how your yoga practice is affecting it? While several good yoga anatomy books have been published recently, *Anatomy for Yoga*, by bodyworker Nicky Jenkins and fitness coach Leigh Brandon, approaches the subject from this unique perspective. The book is not organized by muscle or yoga pose. Instead, it revolves around postural problems such as a flat back or



swayback, identifying contributing factors—both physical and emotional—for each condition and suggesting corrective poses. For each pose, the muscles to be stretched and strengthened are listed and illustrated in one or more clear and simple drawings by Juliet Percival.

The book is packed with information and interesting solutions, and the anatomical information is accessible to those who have some anatomy training. Although there are no guidelines for determining which posture problems students might have, you'll find some interesting posture-problem solutions in *Anatomy for Yoga*.

JULIE GUDMESTAD ❀

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