

Yoga For Radiant Kids

Continuing education for Bikram Yoga teachers. Teri Almuist shares her tools for teaching Bikram Yoga. "Simple yoga practices to help kids move through big emotions"-Container.

Wouldn't it be great if your child could exercise, have fun, and build concentration skills all at the same time? In 2006, the Little Flower Yoga program was developed by teacher and certified yoga instructor Jennifer Cohen Harper, when her successful use of yoga in her kindergarten classroom led to requests by other students, teachers, and parents. She slowly began to teach more and more yoga classes, and eventually recruited other yoga teachers with education backgrounds to continue growing what had become a flourishing program. Little Flower Yoga for Kidsoffers this fun and unique program combining yoga and mindfulness in an easy-to-read format. Written specifically for parent attention, increase focus, and balance their emotions—all while building physical strength and flexibility. Based on a growing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving their ability to focus and concentrate. The book details the five main components of the program: connect, breath, move, focus, and relax. Drawing on these components, Harper shares practical activities that parents can use with their children both on a daily basis and as applied to particularly challenging issues. And while this book is targeted to parents, teachers may also find it helpful.

attention and focus. For more information about this innovative program, visit www.littlefloweryoga.com. List Price: \$12.95 5.5" x 8.5" (13.97 x 21.59 cm) Full color cover with black and white interior illustrations 102 pages Lined and blank pages Recycled and 100% Replanted paper Better World Press, Inc. ISBN-13: 9 781930 175396 ISBN-10: 1-930175-39-6 BISAC: Body, Mind & Spirit / Inspiration & Personal Growth The river with its symphony

Shares its clear and timely wisdom about the flow of life - about living in harmony with nature and with ourselves. This beautifully illustrated journal has a great blend of lined and blank pages and lines of the Advice from a River poem interspersed though out. In addition to being printed on recycled paper, to further repay the Earth in kind through the nonprofit Trees Water & People for each 217 lbs of paper used. We are proud to be 100% Replanted!

112 Gateways to the Yoga of Wonder and Delight The Beautiful No

A Self-Care Journal to Help You Ditch the Face Masks, Quit the Bullsh't, and Actually Feel F*cking Better Happy Yoga

The Yoga Way to Radiance

30 Fun Activities to Encourage Mindfulness, Build Strength, and Create Calm

Yummy Yoga

Working with 12 common herbs, Amy Jirsa offers recipes and ideas to open your mind, strengthen your body, and nourish your spirit. In-depth profiles show you how to unlock the powerful properties of calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and wellness.

Storytime Yoga enlightens young minds with the magic of yoga while recounting some of the world's most delightful, instructive stories in a way that encourages literacy and vibrant physical health. Includes eight multicultural wisdom stories scripted with yoga poses, as well as instruction for relaxation and meditation using story. Designed for parents, teachers, and anyone interested in working with kids from Pre-K through 6th grade, it is packed with inspired and yet practical information.

After studying yoga in India and traveling all over the world with traditional Vedantic masters, Steve Ross returned to his hometown of Los Angeles with a broadened point of view of what yoga could be. He was surprised to find that yoga classes at home were missing the humor, joy, and celebration that fueled his Eastern studies. Instead of expanding and enhancing the joy of being, Western yoga classes focused obsessively on correcting body positions and developing a picture-perfect physique. Determined to keep his yoga practice true to cultivating bliss and inner radiance, Ross started his own yoga studio and has created a yoga movement in Los Angeles that is, to put it simply, revolutionary. Ross lives and teaches according to his belief that the secret to yoga is not obsessing over whether your feet are parallel or whether you can bend as far as the person on your left can, but about transcending the serious and allowing joy into your life, your body, your mind, and hopefully your yoga practice itself. It's about lightening up. In Happy Yoga, Ross reveals that everyone is inherently happy, but that our true self is shadowed and concealed by the layers of worry that, through habit, become our daily thoughts. In each chapter, he examines one of our seven greatest human fears -- depression, ill health, loss of love, career failure, war, death, and emotional stasis -- and uses yoga wisdom to explain how to strip away these worries to reach your core of calm radiant joy. By sharing his system of yoga postures, diet, meditation, music, supplements, and philosophy, Ross has effected profound physical and mental changes in both his life and the lives of his students. Ross's power is that he goes back to the source -- five thousand years of ancient yogic wisdom -- and decodes the abstract Eastern ideas for a Western audience. Happy Yoga is not just a set of movements and poses to complete, it is a way of shifting your awareness to bring the spirit of yoga into each movement, each meal, each relationship, each thought, and each breath. With love and joyful abandon, Ross offers us a new way to practice and live yoga. The result is profound calm, a dramatic release of anxiety and pain, and the realization that there really is nothing to worry about.

The yoga in this book is a sample of the vast wealth called Kundalini Yoga. Here you will learn about the form of yoga based on the teachings of Yogi Bhajan, Ph.D., who took kundalini yoga from India and brought it to the West in 1969. Master yoga teacher and author Shakta Kaur Khalsa demonstrates how kundalini yoga works for everyday life and every single person. You do not need to be in perfect physical shape or share any particular belief system. Kundalini yoga will work for you if you can just breathe and move your body. In this form of yoga, the most important thing is experience. Your experience goes right to the heart of your being. By approaching kundalini yoga with openness and respect, and by following the steps described in this book, you can change and enrich your life.

A Yoga Guessing Game

Adventures of Mom and Daughter Yoga

Little Flower Yoga for Kids

Teaching Yoga to Children Through Story

Storytime Yoga

Full of Joy Yoga Kids

Lit from Within

Agate the moose mourns his own drab exterior as he compares his animal friends to different gems.

Special Education.

Build an integrated, deeply personal practice to cultivate transformation, self-trust, and awakening with insights and techniques from beloved teacher Sarah Powers. More than just physical poses on a mat, yoga can be a profound path of self-realization. Lit from Within encourages readers to pursue yoga in its fullness, examining conscious and unconscious habits, connecting to our inner landscapes, and freeing us to relate to ourselves and our world with a sacred outlook. Sarah Powers helps readers relate to five levels of our human experience--physical, energetic, emotional, mental, and interpersonal. Each section offers an opportunity for self-inquiry and practices to fuel our growth, including yin yoga, meditation, emotional intelligence exercises like creating connection with an inner critic, and interpersonal dynamics drawn from the Internal Family Systems approach. Learning to recognize, reflect on, and at times re-direct these different levels of experience adds a vital dimension to the practice. The book draws on Sarah's many years of practice and teaching, influenced by the rich tapestries of yin yoga, Buddhism, Taoism, and psychology. In these challenging times, Lit from Within offers a path to health, wholeness, and connection--from the inside out.

From basic postures to more advanced meditation, this guide explains how yoga can contribute to your general well-being. Whether you are mum-to-be or tackling midlife challenges, find postures to help you meet life with peace of mind and renewed vitality.

7 Reasons Why There's Nothing to Worry About

Agate

The Power of Yoga, The Energy of Breath, and Other Tools for a Radiant Life

Yoga Nidra

Big Bear, Small Mouse

Yoga for Children

Radiant Rest

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue,Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Please note that if this title is purchased in eBook/Kindle format, the audio (CD) portion will not be included. One of the most enjoyable parts of a yoga class comes when we rest in savasana—the “corpse” pose—and realize deep serenity, a sense of effortless joy, and a glimpse into our true nature as unqualified presence. How is this so? Master teacher Richard Miller explains that this experience is a manifestation of yoga nidra, the meditative state of mind-body union at the heart of all yoga practice. A powerful integration of book and CD audio learning, Yoga Nidra is an ancient tantric yoga path that leads to inner freedom. Through accessible language appropriate for any level of practice, Miller takes us step-by-step through the traditional techniques of relaxation and meditation to help us move toward the realization of “unqualified presence”—the ultimate aim of yoga—a goal unreachable through posture practice alone. Through his expert guidance, students will experience: Deep relaxation for relief from day-to-day stress The development of “one-pointedness”—a key to spiritual awakening Healing from painful emotions, such as fear, grief, and anger More effective and energizing sleep, and much more Suitable for both beginners and advanced practitioners—but new to most Westerners—Yoga Nidra provides an unmatched way to experience the culmination of the art of yoga, and the deeper physical, emotional, and spiritual rewards that are its promise.

Combining years of experience as certified speech-language pathologists and as qualified yoga teachers, the authors of this pioneering book explain how yoga can be used to aid speech-language development in children up to age 12. The book includes a range of yoga-based exercises for improving pre-linguistic communication, vocabulary development, and motor planning for speech. The text is enriched by illustrations of children in each yoga pose, so no prior experience of yoga is necessary to help children carry out each activity. The book also provides information on using this approach with children with neurodevelopmental and intellectual disabilities, including ADHD and autism.

Deepen and enrich your yoga practice with 30 themes based on Patanjali's Yoga Sutras that can inspire on and off the mat. Yoga draws many practitioners because of its physical benefits, but it is often the experience of peace that people return for. Threads of Yoga supports those seeking to learn more about yoga's deeper spiritual teachings. Each short chapter introduces a foundational yogic theme, such as letting go, the breath, the yamas and the niyamas, and the chakra system. Each theme is accompanied by practices, including meditation, complementary poses, breath work, or quotes to contemplate. It is an ideal guide for both practitioners and teachers who want to connect with the spiritual wisdom of yoga, deepen their personal practice, or develop and support a theme for yoga class.

A Book For Parents And Kids

A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance

Kundalini Yoga as Taught by Yogi Bhajan

Threads of Yoga

Yoga Therapy for Every Special Child

Danielle Collins' Face Yoga

Little Yogi Deck

A wildly imaginative introduction to yoga and nutrition by bestselling author, professional nutritionist, and beloved TV personality Joy Bauer Written by beloved health expert Joy Bauer, Yummy Yoga is a fun and fresh introduction to yoga and nutrition. Playful photographs feature a diverse group of kids demonstrating yoga poses. On the opposite sides of the spreads, imaginatively sculpted fruits and vegetables mirror the same poses! Lift the gatefold flaps to find simple, child-friendly recipes incorporating all of the healthy ingredients featured in each photo.

It's time to play a guessing game! A book and game rolled into one, children will delight in following the clues to guess all of the yoga poses. Colorful illustrations and rhyming poems help children gleefully discover the yoga pose hiding on the next page. This adorable book includes 18 child-friendly yoga poses and ends with an inspiring relaxation. Mystery Pose is a playful introduction to yoga for young children.

Pete is in a bad mood. It's raining and he can't play out. But never fear. Pete's dad has just the idea to cheer Pete up - turn him into a pizza! He kneads the dough, adds oil and tomatoes, and with some tickles and giggles along the way, before long the sun comes out... A picture book classic from the creator of Shrek; a laugh-out-loud celebration of parents everywhere.

The Toolbox

Discover the Amazing Spirit of 12 Healing Herbs with Teas, Potions, Salves, Food, Yoga, and More

Pete 's a Pizza

Sat Nam

Yoga for Women

Firming facial exercises & inspiring tips to glow, inside and out

Playful Poses and Tasty Treats

Introduce children to the benefits of yoga through play Yoga is loved the world over for how it can build physical strength, promote mindfulness, and inspire calm. With a variety of engaging exercises, guided poses, and stimulating games, this yoga book for kids teaches young yogis the virtues of yoga through play while helping them build physical strength, flexibility, and balance. Make yoga for kids fun and easy with: Kid-friendly instructions-Simple guidance and illustrations show kids all the techniques they need to master different poses and have a blast doing it. Lessons in independence-Discover methods of solo play and meditation that will help build skills in mindfulness and self-confidence. A regular routine-Give kids the foundation to create a regular yoga practice with poses perfect for starting the day, sustaining energy, and winding down for a restful night's sleep. Help kids develop strength, reduce stress, and find calm-all while having fun-with this kids' yoga book.

Guide yourself and the children in your life to be the radiant, authentic beings that you truly are. Discover how to connect to your kids through centered parenting and yoga. A child shines a light that shows the way home. And being around children can make us painfully aware of how we adults often function by habit. The intention of The Yoga Way to Radianceis to help parents, teachers, coaches, and other mentors reclaim their own authentic selves and to nurture the same in the children in their lives. This book will bring a newfound sense of joy and freedom to the adult-child relationship. Join author Shakta Khalsa on an experiential journey, exploring yoga-based tools to help you embrace your true self and live with wonder and joy as you care for the children in your life. The Yoga Way to Radiancehas been written with the intention of helping you-whether you're a parent, family member, teacher, therapist, or caregiver-reclaim your authentic self while also helping the children around you stay connected to their own inner radiance. With Shakta's guidance, you'll discover: Fun, effective yoga exercises and meditations for children and adults Ancient wisdom and leading-edge teachings to help children be the radiant beings that they are Techniques for staying connected to your inner self while meeting challenges with children Tips for the art of deep listening and neutral, friendly talk Natural discipline that uses the magic of imagination and natural consequences How to place trust in a child's natural self-correcting abilities Praise: "In this wise and important book, Shakta Khalsa offers teachings and yoga practices that help us in becoming a true mirror for our children's goodness and allow them to fully inhabit their aliveness and spirit."-Tara Brach, PhD, author of Radical Acceptance

Help your kids de-stress and get healthy! Yoga for Children will encourage your child to learn about yoga with an attentive, at-home instructor- you! Even if you are new to the practice, author, mom, and children's yoga expert Lisa Flynn will guide you and your child through more than 200 yoga poses, meditations, and activities that are suitable for children between the ages of two and twelve. Complete with full-color photographs, instructional scripts, and pose modifications, Yoga for Children will help build your child's confidence, self-awareness, and focus while strengthening your connection--one yoga session at a time.

After working on Wall Street and dealing with paralyzing chronic pain, Daniela Mattos decided to take a professional sabbatical and embark on a spiritual journey to uncover the source of her physical pain. After attempting many different types of yoga and meditations, Daniela eventually discovered kundalini yoga in a dream, ultimately changing the course of her life forever. In a manual for anyone interested in attaining overall health and wellness through holistic methods utilized for centuries, Daniela combines personal stories with easy exercises that illustrate how she unlocked her energy and alleviated her pain by learning to align her body, mind, and soul through kundalini yoga practices and meditations. While sharing insight into her journey and practices, Daniela helps others discover there is an infinite wisdom within all of us--and that our own guru is ready to help us on our journeys to the truth, wellness, and a better understanding of ourselves, our experiences, and the world around us. Sat Nam is a guide to practicing kundalini yoga that will help anyone balance their chakras, harmonize their ten bodies, and cleanse trapped layers of fears, insecurities, traumas, and other emotions and feelings to relieve pain, attain healing, and find inner peace.

Advice from a River - Journal

Revised Second Edition

Tools for Teaching Bikram Yoga

Mystery Pose

Becoming Your Own Guru

Yoga Journal

How to Follow Your Inner Guidance and Nurture Children to Do the Same

Even the smallest bear can have big fun with Bear in this sweet introduction to opposites from the New York Times bestselling creators of Bear's New Friend. Bear is big, big, big, and mouse is small, small, small but these friends stick together through all the highs and lows! Join Bear and mouse as they spot all the opposites in their little glen. Karma Wilson and Jane Chapman team up again to bring the youngest Bear fans a delightful concept book that begs to be read, out loud.

Develop a powerful practice of deep relaxation and transformative self-inquiry with this essential guide to yoga nidra, accompanied by downloadable audio meditations. Yoga nidra is a practice devoted to allowing your body and mind to rest while your consciousness remains awake and aware, creating the opportunity for you to tap into a deeper understanding of yourself and your true nature. At its heart, yoga nidra is about waking up to the fullness of your life. In Radiant Rest, Trace Stanley draws on over twenty years of experience as a yoga nidra teacher and practitioner to introduce the history of yoga nidra, mind and body relaxation, and the surprising power of rest in our daily lives. This accessible guide shares six essential practices arranged around the koshas, the five subtle layers of the body: the physical, energetic, mental, intuitive, and bliss bodies. It also offers shorter, accessible practices for people pressed for time. Each practice is explained through step-by-step instructions and ends with self-inquiry prompts. A set of guided audio meditations provide further instruction. Feel a greater sense of stability, peace, and clarity in all aspects of your life as you deepen your yoga nidra practice and discover its true power.

"Thursday morning. One hundred pounds overweight, no man in sight, and rounding the bend to 57 years old—a full-blown catastrophe." What happens when you realize you've had the career of your dreams, but you don't have the life of your dreams? This was the stark reality facing Sheri Salata when she left her twenty-year stint at The Oprah Winfrey Show, Harpo Studios and the OWN network. She had dedicated decades to her dream job, and loved (almost) every minute of it, but had left the rest of her life gathering dust on the shelf. After years of telling other people's makeover stories, Sheri decided to "produce" her own life transformation. And this meant revisiting her past, excavating its lessons, and boldly reimagining her future. In these pages, she invites readers along for the ride--detoxing in the desert, braving humiliation at Hollywood's favorite fitness studio, grappling with losses, reinventing friendships, baring her soul in sex therapy, and more. Part cautionary tale, part middle-of-life rallying cry, Sheri's stories offer profound inspiration for personal renewal.

A self-care guided journal for when you realize buying a scented candle isn't actually going to make you feel f*cking better Ah, self-care. Yoga classes, green juice, bubble baths, face goop. F*ck that. The new self-care is all about taking care of yourself in whatever way you need to feel good. Whatever your paycheck or location, your identity, social class, race, gender--self-care belongs to YOU. Self-care isn't just for the Insta-influencers doing all the yoga in their 150¢ athleisure while eating their acai bowls and touting their skincare routine. Self-care is for all of us--it's for the busy bitches, the stressed-out queens, the women who are doing it all and just need a minute for themselves. It's for the anxiety-ridden, the wellness-challenged, the people who need a break to focus on their own mental health. It's about identifying your core values and making the time to nurture them. It's about taking a look at the tough stuff--anxiety, mental health, self-love, boundaries, empowerment--and finding concrete ways to help. Self-care is about truly feeling f*cking radiant. With guided prompts, it's away sayings, and an empowering AF attitude, this is the perfect journal for readers who are over the bullsh*t and are ready to take their self-care into their own hands.

Simple Yoga Practices to Help Kids Move Through Big Emotions

What Good Is a Moose?

Herbal Goddess

Yoga Games For Kids

A Yogi Mama'S Guide to Yoga, Ayurveda and Your Child

Invincible Living

Notes From a Liar and Her Dog

Presents a series of short, yoga-like exercises, developed by Tibetan monks, reputed to reverse the physical and mental effects of aging

Can you touch your toes? Or balance on one leg? Learn to calm your body and put your mind at ease alongside Flo the cat and Mack the monkey as they show you the different yoga poses. Known as asanas, these postures are fun to do on your own, at school or with family, and will help your body feel better and relax your mind! Yoga is a fun practice that offers an abundance of physical and mental benefits to all ages. Children especially find it useful to learn basic poses, which will help them through times of worry, anxiety, chaos and technology overload. With its roots in Ashtanga yoga practice, this guide contains bright, cheerful illustrations accompanied by easy-to-follow instructions for a variety of yoga poses. Designed for children aged 4+, these activities can be used at home or in the classroom, and will especially benefit children with low self-esteem, anxiety and ADHD.

Through yoga postures, a mom and daughter team travels the world. They meet a prince and princess, see a leprechaun, visit Tuscany, the South of France, and still make it home for Thanksgiving. "We all want our children to have tools to survive and 'get ahead' in this world. What better time to start than when they are young, teaching them values and giving them experiences that will carry them through life? Adventures of Mom and Daughter Yoga provides a very fun way for a parent and child to stay connected, and a way to start your child on a meditative path from a very young age. This is the type of experience that will give your child a good foundation to relate to the 'Inner Teacher' and a good resource to go to whenever he or she needs guidance. I am very proud of the work Rochelle has done."

--Sat Nam., Tej Kaur Khalsa, Los Angeles, CA "In [Adventures of] Mom and Daughter Yoga, Rochelle Katzman has created a program for mothers and daughters to experience a more enriched, joyful relationship with each other and gain all the wonderful benefits of yoga at the same time. With Rochelle's book and cards in hand, healthy fun and deeper connections between moms and daughters abound!" --Shakta Khalsa, Founder & Director of Radiant Child Yoga, www.childrensyooga.com "As a mom and a full time massage therapist, it is important for me to take care of my own wellness. Each week, my daughter and I read one chapter and do the yoga postures from Adventures of Mom and Daughter Yoga and play the yoga cards game, Adventure of Mom and Daughter Yoga Cards. The book and yoga cards game are wonderful. It has given me time to relax and spend quality time alone with my daughter." --Joy Anne, mom, Long Island, NY "Rochelle, you're the best yoga teacher ever! I always look forward to Tuesdays so I can spend time with my mom doing yoga." --Diana, eight years old, Port Washington, NY

Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin..

Themes, Reflections, and Meditations to Weave Into Your Practice

Yoga, Teachings, and Practices to Illuminate Our Inner Lives

DC Baby

200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children

The Radiance Sutras

Bikram Yoga

Agate Farmer Annie

The gateways to wonder and delight are flung open wide for all to enter. At once a beautiful love song and an encyclopedia of yogic techniques, the cherished text known as the Vijnana Bhairava Tantra shimmers with new effulgence in Lorin Roche's The Radiance Sutras. Lorin brings us his unique perspective on each of 112 Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them—what he describes as “answering the call of the sutras you love.” Here is an invitation to experience directly the ecstatic depths of yoga as revealed by the divine partners Shiva and Shakti, through an intimate exploration of. The divinity that is permeating your body at this very moment The alchemical power of Sanskrit Yoga meditation—harmonizing all the elements and levels of your being The depths of your connection to the energies of life Taken as a whole, this teaching is startling in its breadth and the huge range of human experience that it encompasses. This is a book to savor one phrase at a time, over a period of days or years or a lifetime. With The Radiance Sutras, yoga and meditation students everywhere can nurture their own relationship with these living wisdom teachings.

Ant (short for Antonia) is sure she is adopted. She doesn't look anything like her mother or her sisters - or even her dad (who is away working too much). Ant's best friend is a boy called Harrison who draws chickens, and her dog Pistachio, a tiny ageing chihuahua, is her constant companion, but she feels that she just doesn't fit in. Ant's life meanders along until one day her lying starts to cause her, and those around her, some rather serious problems. Forced to face up to some of the things she has spent her life trying to hide from, in particular Ant has to come to terms with why she doesn't get on with her mother. An uplifting, exciting and truly original story. Parents who want to better understand the energies that inspire and motivate their children will find Jenny Bees A Yogi Mamas Guide to Yoga, Ayurveda & Your Child a creative and helpful tool along the way. Jenny takes you on an empathetic journey relatable to every parent. What makes my child tick? How can I help them fully become their happy healthy selves? Jenny, in her own journal with her children, has found good answers through Ayurveda and yoga, and even better, she shares those with you with humour and love in this very special book. As a lifelong yoga practitioner, parent and teacher of children, and follower of the Ayurvedic diet, I am confident that you will enjoy your relationship with children even more once you read this book and, to the best of your ability, follow the practices and tips given within its pages. Shakta Khalsa, founder and director of Radiant Child Yoga This is a unique book written for parents and children and is about kids, yoga and Ayurveda, and how we can all become better, more intentional parents with the help of the intuitive five-thousand-year-old sister science of Yoga. The heart of the book is three beautifully illustrated poems, each written to clearly explain one of Ayurveda's three doshas, which in combination make up a persons prakriti (their nature). The text is simple enough that children of all ages will have a sense of what this Ayurveda thing is. And it won't be lost on Mom or Dad either.

From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your "operating system" inside and out. With Invincible Living, Guru Jagat shares a radical way of understanding yoga—not just as something to do in practice, but as a broader principle for living. Candid, encouraging, and irreverent, Guru Jagat shows how Kundalini Yoga—which forms complex poses for energy-boosting, breath-driven exercises, quick meditations, and simple poses most of which you can do at your desk—can reset your life and well-being, regardless of your age or background. Designed explicitly for everyday people, not ashram-going or gym-bodded yogis, fast, effective Kundalini techniques can be done anywhere, from the car to the conference room. There's no need to have a benny back or toned arms. You don't even need a mat; just a quiet space to clear your head, and as little as a minute out of your day. From beauty and self-care to work and relationships, Invincible Living tackles both the mind—from mood elevation and stress reduction to renewed mental clarity—and the body—from anti-aging, and increased metabolism to amped up energy. Packed with tips, exercises, and step-by-step instructions and fully photographed and illustrated in Guru Jagat's fresh, handmade-meets-hipster style, Invincible Living is fresh take on ancient wisdom: a must-have guide for anyone who wants simple, effective, tools for a

supercharged life as taught by a uniquely compelling teacher who upends all preconceptions about yoga. Invincible Living includes 100 color photographs and illustrations.

Unlock Your Inner Potential Through Life-changing Exercise

And Other Tales of Trial, Transcendence, and Transformation

Go Yogi!

Experience the Joy of Children's Yoga Through Pictures and Poetry

I Am F'cking Radiant

With Audio Recording

The Guru Behind Hot Yoga Shows the Way to Radiant Health and Personal Fulfillment

Bikram, the "hot yoga" program, has been heating up the yoga world lately, and its founder probably has something to do with it: The outspoken, dramatic, and always-controversial Bikram Choudhury has garnered a lot of attention with his version of hatha yoga that some yogis think unorthodox: In his classes, students are stuck in a room heated to at least 105 degrees doing a structured program of 26 asanas with a sergeant-like instructor—and they love it. Bikram Yoga will emulate that same energy. With his take-no-prisoners philosophy, Bikram describes how the program can reap great medical, physical, and spiritual benefits—the poses work out every part of the body, all of which can help alleviate many common ailments, from asthma to back pain. (Photographs will accompany each pose.) In addition, the book offers the best ways to incorporate eastern philosophy into a western lifestyle and tips on how yoga can cultivate "a union between body and spirit." Simply put, you don't have to meditate passively to reap the benefits of yoga.

A beautiful photobook of kids doing yoga poses with haikus and illustrations. Lani Rosen-Gallagher, the head yogi/founder of Full of Joy Yoga, LLC created this book using her own students! Her husband Chris wrote the haikus, Lani, as well as her Aunt Trix took the photos and her friend Daniela drew the illustrations. This group effort has created a book kids will love!

Awaken to Unqualified Presence Through Traditional Mind-Body Practices

Meeting Needs in a Natural Setting

Yoga for Speech-Language Development

Health and Radiant Beauty for Every Stage of Life

Everyday Yoga for Calm, Happy, Healthy Little Yogis

Ancient Secret of the Fountain of Youth

Yoga Nidra for Deep Relaxation and Awakened Clarity