

## Some Yoga Resources

### DVD

**Rodney Yee, Yoga Conditioning for Athletes:** A mix of sun salutations with seated and standing postures. A well-balanced conditioning and stretching routine. Offers good variations for beginners through more advanced. Rodney Yee has a very “zen” demeanor and a soft “surfer-dude” kind of voice.

**Rodney Yee, Yoga Burn:** A continuous yoga flow type practice transitioning very slowly in and out of each pose to really work the muscles and focus the mind. Each pose is repeated several times. Your muscles will feel this one and your heart rate will rise. Intermediate to advanced.

**Kathy Smith’s New Yoga:** An oldie but a goodie (from 1994). Very good instruction and complete yoga workout. A few sun salutations followed by well timed and clearly-instructed standing and seated poses. Relaxing savasana at the end. Good for any level as modifications are given. (*google: Kathy Smith, New Yoga*)

**Yoga Zone, Conditioning and Stress Release with Alan Finger:** Alan Finger is one of the best. He has a very comforting style of instruction. You are led through a limb-by-limb release of all lingering muscular stress. Basic seated and standing postures with long, relaxing holds. Aimed at Beginners but excellent for any level. (Produced by Koch Vision, *google: yogazone.*)

**Yoga Zone, Introduction to Yoga:** Once again Alan Finger offers basic poses in a comforting, straight-forward, easy to follow manner. Beginner level with modifications for people with tight knees or hips. (*google: yogazone*)

**Jill Miller’s Yoga Tune-Up video series:** Although these are not professionally filmed videos, the content is excellent. Each video focuses on a different area of the body: hips, shoulders, spine, etc. Jill really understands the way the body moves - you will literally *tune-in* to your body at a much deeper level. The work is very precise and detailed. A lot of moves that are different from the typical yoga practice - refreshing and beneficial. If you want to strengthen and lengthen deep hip and lower back muscles I highly recommend these videos. Her *Upper Neck and Back Yoga Tune-Up* CD comes with rubber balls and is a great substitute for massage. Excellent for every level. ([www.jillmilleryoga.com](http://www.jillmilleryoga.com))

Jill has some new yoga DVDs that have been professionally produced (ie. better sound and video quality). I don’t own them but I’ve seen the clips and they appear to contain the same excellent quality instruction. Available through [www.pranamaya.com](http://www.pranamaya.com)

**Yoga Shakti**, with Shiva Rea. Vinyasa yoga flow in Shiva’s fluid style also some meditation. You can follow Shiva’s preset sequences or create your own with the yoga matrix menu. Lots of good ideas. Most of this video is for more intermediate to advanced. Beautiful scenery and creates a mood. [www.soundstrue.com](http://www.soundstrue.com)

There are lots of other good (and not so good) yoga DVDs out there. A source for unbiased video reviews= [www.collagevideo.com](http://www.collagevideo.com) . You can also buy videos from their website.

### BOOKS

**The Athlete’s Guide to Yoga**, An Integrated Approach to Strength, Flexibility, and Focus by Sage Rountree, Excellent book. Clear photographs demonstrating over 100 poses that address areas of overuse and inflexibility. Shows clear modifications for people lacking in flexibility. Clear, detailed instructions for each pose. Sample training plans. (I got my copy at Chapters)

**Hatha Yoga Illustrated** by Martin Kirk, Brooke Boon, and Daniel DiTuro. Step-by-step full colour photos demonstrating how to get in and out of poses. Focus is on proper alignment and safe

execution. Sample yoga routines based on goals and difficulty level. Lists physical and mental benefits of each pose. Shows fantastic modifications for all levels. (Got mine at Chapters)

**The Heart of Yoga, Developing a Personal Practice** by T.K.V. Desikachar: TKV is the son of Sri Tirumalai Krishnamacharya who is considered one of the greatest yogis of the modern era. This book goes into TKV's theories about yoga in general and gives a step-by-step sequence for developing a personal practice. Discusses poses, counterposes, conscious breathing, meditation, and philosophy. TKV's methodology is based on continually adapting one's yoga practice to one's own ever-changing needs to achieve maximum therapeutic value. (I got my copy at Chapters.)

**The Pocket Idiot's Guide to 108 Yoga Poses** by Ami Jayaprada Hirschstein: I love this book! Gives concise explanations for how each pose affects body and mind. Detailed instructions with modifications are given for each pose. Keys to achieving safety and mindfulness in every pose are described in detail. (I got my copy at Chapters.)

**Anatomy and Asana: Preventing Yoga Injuries** by Susi Hatley Aldous: Susi is a local yoga teacher with a background in kinesiology. If you want to get to know your body - muscles, tendons, bones, fascia, and ligaments in detail this is a good resource. It helps the practitioner to understand what is physically happening in the body during practice. Enhances the mind-body connection. (available through Susi's website: [www.anatomyandasana.com](http://www.anatomyandasana.com))

**The Wisdom of Yoga**, by Stephen Cope, Western psychology combined with Eastern meditation philosophy to lead to a better understanding of self and mediation. Goes deep.

**Yoga for Emotional Flow**, by Stephen Cope, Audiobook. Techniques for meditation and dealing with challenging emotional states, philosophy of meditation combined with psychology plus some specific guided meditation. Available through [www.soundstrue.com](http://www.soundstrue.com)

## **YOGA MUSIC THAT I'VE USED IN CLASS**

**T'AI CHI, MUSIC FOR RELAXATION**, composed, arranged and produced by Tomas Walker, available through [www.relectionsmusic.com](http://www.relectionsmusic.com) (I got mine at Walmart). Some flute music, table harp, dtsu, Chinese gongs, and cymbals.

**MUSIC AS MEDICINE**, produced by Nawang Khechog with guest artist R. Carlos Nakai, available through [www.soundstrue.com](http://www.soundstrue.com) (I got mine at Amaranth Food Market). Mainly soft relaxing flute music, with some marimba, drums, cello, violin and chanting.

**OHM**, by Sri Laxmi Narayan Tiwari and Hari Mohan Pandey, *all OHM all the time*, available through [www.himalayaninstitute.org](http://www.himalayaninstitute.org)

**SPIRIT FLUTES**, by David R. Maracle. Lovely and peaceful Native flute music. Available through [www.relectionsmusic.com](http://www.relectionsmusic.com) (I got mine at Walmart).

Miscellaneous songs by Jai Uttal. Deep voiced chanting, east-meets-west music, Indian music combined with other influences. For samples and downloads go to [www.jaiuttal.com](http://www.jaiuttal.com)

Other sources for yoga music are [www.devaworld.com](http://www.devaworld.com) and [www.whiteswanmusic.com](http://www.whiteswanmusic.com).

*If you have any questions about the above please email me at [j\\_houghton@shaw.ca](mailto:j_houghton@shaw.ca). New website coming this summer: [www.flowingyogi.com](http://www.flowingyogi.com)*

Namaste,

Jen