

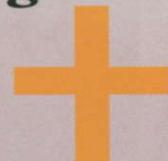
YOUR SUMMERTIME Y♥GA FIX

YOGA

MIND
BODY
SPIRIT

MONTHLY

Magazine



Healing
Power
of the
Lotus

Sizzling
Summer
Fashion

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Shape
up for
Summer

Gardens
of the
Moon



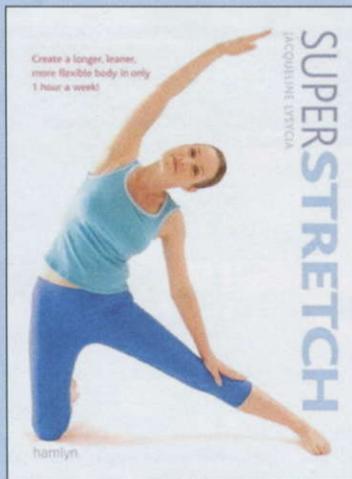
Living by
Numbers

Yoga for
Athletes

ISSUE 66
JULY 2008
£2.95



BIKRAM • KABBALAH • WHAT'S HOT • HERBAL HEALTH

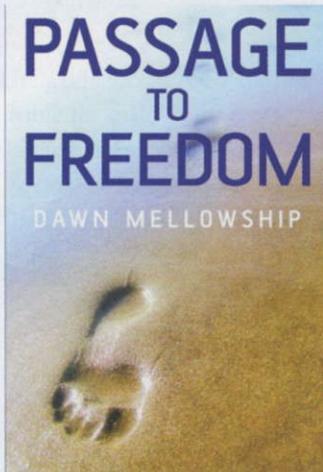


Bend Me, Stretch Me

Stretching is extremely beneficial for all ages and levels of fitness, and the exercises included target stiffness in common trouble spots. The stretches and routines are specifically designed to increase flexibility, strength and stamina, reduce tension, and improve balance and body tone.

The book contains full-colour photographs that show the correct body position for each position and includes sections on warming up and stretching the spine with expert tuition from yoga, pilates and fitness teacher Jacqueline May Lysyca. *Superstretch* by Jacqueline May Lysyca (Octopus Publishing Group)

www.octopusbooks.co.uk



Finding Enlightenment

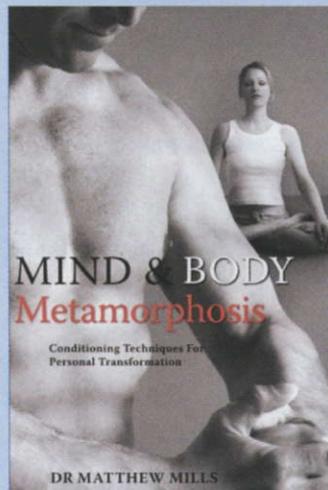
Dawn Mellowship has written an inspirational book for finding true happiness through spiritual growth that is easy to read and comprehend, with countless exercises and techniques focusing on a range of emotions including understanding anger, lifting worry and self-acceptance.

Passage To Freedom: A Path to Enlightenment by Dawn Mellowship (O Books)

www.o-books.net

Kung Fu Training

Dr Matthew Mills has a Master's degree in Human and Applied Physiology and a PhD from the Department of Medicine, University College London, and he draws on his twenty years' experience within Eastern martial arts including Wing Chun kung fu and Wu Shu to produce a first-rate



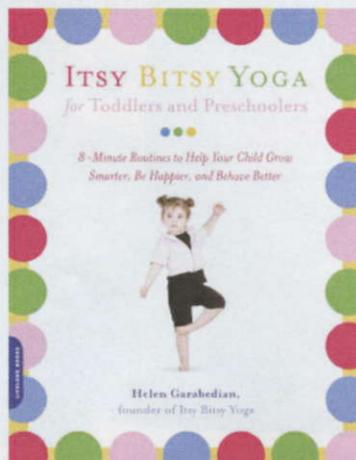
training syllabus that works both the mind and body. A range of innovative exercises help focus the mind and instill calmness, help weight control, build endurance and muscle strength without a press-up in sight! *Mind & Body Metamorphosis* by Dr Matthew Mills (Summersdale)

www.summersdale.com

Cool for Kids

Helen Garabedian has been called the "Baby Yoga Expert" by *Newsweek*, and this fantastic book in her infectious teaching style focuses on simple 8-minute routines designed to help children grow smarter, be happier and behave better. The book is jammed with advice for parents and dialogue to engage children whilst performing the exercises. *Itsy Bitsy Yoga for Toddlers and Preschoolers* by Helen Garabedian (Lifelong Books)

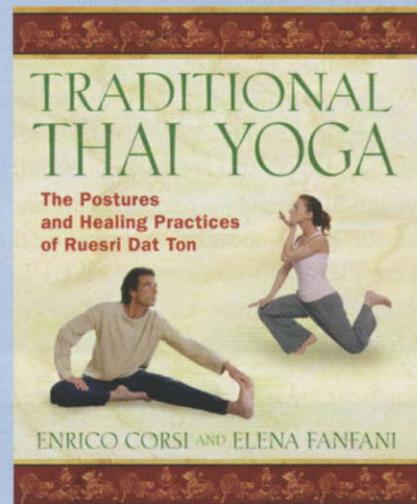
www.perseusbooksgroup.com



Old School Thai

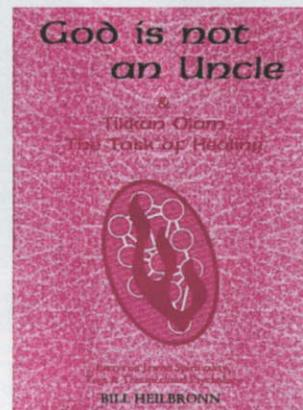
Traditional Thai yoga, or Ruesri Dat Ton, is an individual practice rooted in the ancient Ayurvedic tradition. For the first time in English, 60 of these poses have been faithfully recreated with photography and step-by-step instructions designed to stimulate self-healing by rebalancing the flow of energy in the body. These simple, yet highly effective postures address many common physical ailments and exercises to promote weight-loss and encourage wellbeing. *Traditional Thai Yoga: The Postures and Healing Practices of Ruesri Dat Ton* by Enrico Corsi and Elena Fanfani (Healing Arts Press)

www.innertraditions.com



Uncle Bill's Book

Readers should be familiar with Bill Heilbronn's excellent series on kabbalah, and he continues this rich form in *God is not an Uncle*, a collection of intelligent and well-researched essays on Jewish spiri-



tuality, yoga and transpersonal psychology. A highly recommended book that concentrates on religion, meditation, human consciousness, the ego and free will. *God is not an Uncle* by Bill Heilbronn See page 98 for ordering instructions.