

# yoga

JOURNAL

9 poses  
to **lift your  
spirits**

get  
energized

Renew body &  
mind in 3 days

**Meditation** for  
a new perspective

Learn yoga's  
**foundational pose** page 54

Take refuge in yoga  
during **troubled times**

Alignment tips for **twists**

**PLUS**  
WHAT MAKES A GREEN HOME?



HEALTH FITNESS FOOD MEDITATION HOME WORK NATURE RELATIONSHIPS SPIRITUALITY  
MARCH 2009  
YOGAJOURNAL.COM

WWW.HARDTAILFOREVER.COM 310.393.8787



BLOOMINGDALES

NORDSTROM

YOGA WORKS

EQUINOX

THE SPORTS CLUB/LA

LONDO MONDO

EXHALE SPA



**FOREVER**

ALWAYS MADE IN THE U.S.A.

VISIT THE HARD TAIL RETAIL STORE  
THIRD STREET PROMENADE  
SANTA MONICA



LORD & TAYLOR

M. FREDRIC

DRISHTI

CAN DO FITNESS

MALIBU BEACH CLUB

SUNSTONE YOGA

DILLARDS



## features

### 64 soulful journey

On retreat in Rwanda, yogis offer love and aid, but receive more than they give.

BY SARAH POWERS AND CHANDRA EASTON,  
AS REPORTED TO LAUREN LADOCOUR

### 70 shelter from the storm

During economic turmoil, let your practice be a refuge and a tool for responding creatively to change. BY DAYNA MACY

### 74 renewable energy

Invalidate your body and mind this spring with a simple 3-day detox. BY MELANIE HAIKEN

**COVER CREDITS** Vanessa Lee in Natarajasana (Lord of the Dance Pose) at the Boulders Resort and Golden Door Spa, Arizona; stylist: Lyn Heineken; hair/makeup: Betten Chaston; top: Elisabetta Rogiani; shorts: Oxumwear. Photographed by DAVID MARTINEZ

## on the cover

9 POSES TO LIFT YOUR SPIRITS	61
GET ENERGIZED: RENEW BODY & MIND	74
MEDITATION FOR A NEW PERSPECTIVE	51
LEARN YOGA'S FOUNDATIONAL POSE	54
TAKE REFUGE IN YOGA	70
ALIGNMENT TIPS FOR TWISTS	83
WHAT MAKES A GREEN HOME?	26

Damsel in health distress?  
**NOT WHEN I'M  
AROUND.**

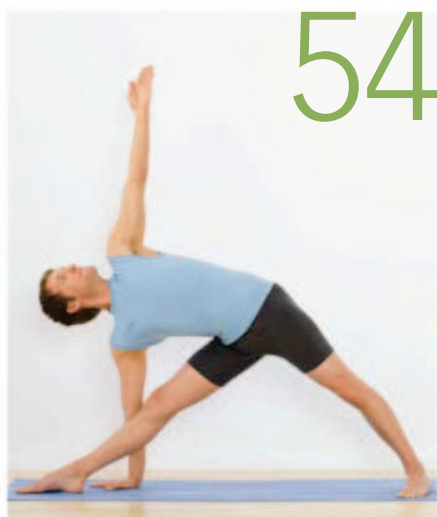


The legion of health foes among us are no match for... POM Wonderful® The Antioxidant Superpower! Made with 100% pure pomegranate juice and fortified by \$25 million in medical research, it's the only juice on the planet powerful enough to fight the good health fight. Ka-POM!

©2009 PomWonderful LLC. All rights reserved. POM Wonderful and Antioxidant Superpower are registered trademarks of PomWonderful LLC.

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

**The Antioxidant Superpower.®**



EDITOR'S LETTER 12

CONTRIBUTORS 15

LETTERS 16

## life

### 19 om

#### BRINGING YOUR PRACTICE TO LIFE

A dancer's yoga journey; buying a green home; nondairy milk alternatives; meditation for brain power; treats for your feet.

### 89 media

**YOGA FAMILY ALBUM** An intimate look into the lives of some of yoga's greatest masters.

BY LAUREN LADOCEOUR

+ BOOK, VIDEO & AUDIO REVIEWS

### 120 the yj interview

**CARE GIVER** Elise Browning Miller wanted to help others—yoga taught her to care for herself so she could. BY CHRISANDRA FOX

## inspiration

### 51 guided meditation

**LOOK BOTH WAYS** See your inner and outer worlds as one with this open-eyed meditation.

BY RICHARD ROSEN

## practice

### 54 basics

**THE RIGHT ANGLE** Learn proper alignment in Utthita Trikonasana (Extended Triangle Pose) and lay a foundation for your entire practice. BY MARLA APT

### 61 home practice

**PLAY LEADS THE WAY** Lift your heart and brighten your day with a backbending sequence by Sianna Sherman. BY ELIZABETH WINTER

### 83 anatomy

**TURNING POINT** When doing twists, should you keep your pelvis pointing straight ahead or let it turn? Find out here.

BY ROGER COLE

## health

### 37 eating wisely

**GOLD STANDARD** Making ghee, or clarified butter, creates a culinary treasure and an opportunity to meditate on the essence of life.

BY SUZANNE VANGILDER

### 43 well being

**OPEN TO CHANGE** Menopausal hormone shifts can rearrange your body and mind in unnerving ways. Let yoga bring you back into balance. BY KATHERINE GRIFFIN

AD FINDER 110 LIVING WELL 116

YOGA PAGES 111 CLASSIFIEDS 117



**What time weakens, nature can strengthen.**

It can add years to life. It can ease the stress of modern living. And it can even improve immunity. It's the 'science of life', and as old as mankind. It uses self-knowledge and self-care to bring harmony to your mind, body and soul — with secrets gathered from leaves, flowers, roots, oils and stones. Ayurveda will nourish you. Much like Incredible India.

**Incredible India**

[www.incredibleindia.org](http://www.incredibleindia.org) 1-800-953-9399 [ny@itonyc.com](mailto:ny@itonyc.com)

# yogajournal.com



## video

### how to unwind

In this exclusive video interview, Shiva Rea explains how surfing, kayaking, and walking on the beach allow her to experience yoga off the mat. Tune in to hear more.

[yogajournal.com/video/shivarea](http://yogajournal.com/video/shivarea)

## podcast

### creative core

Strengthen your core with a 20-minute video practice taught by vinyasa yoga teacher Jason Crandell. Download it for free to your desktop or iPod.

[yogajournal.com/podcast](http://yogajournal.com/podcast)



## newsletter

### daily insight

Our free Daily Insight e-letter has tips on everything from correct pose alignment to how to apply your practice in daily life. Sign up at the URL below.

[yogajournal.com/newsletters](http://yogajournal.com/newsletters)



## featured member

"I started practicing yoga rather late, in my mid-40s, got my certificate to teach in my early 50s, and am still rockin' at nearly 60." —YOGIREV

[yogajournal.com/member](http://yogajournal.com/member)



## escape

### win a vacation

Enter our Rancho La Puerta sweepstakes to win a seven-night personal retreat that promises rejuvenation for mind, body, and spirit.

[yogajournal.com/freestuff](http://yogajournal.com/freestuff)

For today's tough strain.

Yoga

# Yoga<sup>®</sup>

Healthy Lifestyle 2009  
Stress Reliever/Strength Enhancer

2009 Resolution  
For flexibility of the body and mind

Yoga

Extra Strength

**Indications:** For fast effective relief of stress, stiffness, gloom due to bad hair days and other chronic annoyances, and for flexibility in the muscles, joints and back.

**Directions:** Adults and children over 12: Do 1 to 2 hours 4 days a week as needed. Do not exceed 6 hours per week unless ultimate results are desired. Children 12 and under should have fun demonstrating to mom and dad that they are more flexible. Safe for pregnant women.

**Caution:** Keep out of reach of skeptics. This package contains enough good stuff to reach nirvana. Levitation may occur.

**Warning:** This product enhances performance in other sports. Consult your local lululemon athletica for complimentary classes. Side effects include inner peace, tranquility and a hot body. In case of overdose, try not to show off too much.

EXP. DATE: Not Applicable

lululemon  athletica

# Lavera

NATURKOSMETIK

vivid beauty  
naturally



Certified Organic for over 21 years, Lavera's all-natural skin care and makeup lines are paraben and cruelty-free. Lavera supports Susan G. Komen for the Cure®.



**Check Out Our  
Online Specials!**

[www.LAVERA.com/YJ](http://www.LAVERA.com/YJ)  
**1-877-528-3721**

# yoga JOURNAL

Kaitlin Quistgaard  
EDITOR IN CHIEF

Charli Ornett  
CREATIVE DIRECTOR

#### EDITORIAL

DEPUTY EDITOR Andrea Ferretti  
MANAGING EDITOR Kelle Walsh  
SENIOR EDITOR Diane Anderson  
SENIOR ASSOCIATE EDITOR Charity Ferreira  
ASSOCIATE EDITOR Lauren Ladoceour  
CONTRIBUTING MEDICAL EDITOR Timothy McCall, MD  
COPY EDITORS Patricia Hammond, Karen Seriguchi  
PROOFREADERS Linda Rahm-Crites, Jennifer Rodrigue  
RESEARCHERS Sarah Drew, Jill Duman,  
Jenn Fields, Carmel Wroth  
EDITORIAL ADVISORY BOARD Stephen Cope, John Friend,  
Judith Hanson Lasater,  
Dean Ornish, MD, Aadil Palkhivala,  
Patricia Walden, Rodney Yee  
CONTRIBUTING EDITORS Jason Crandell, Hillari Dowdle,  
Nora Isaacs, Sally Kempton,  
Natasha Rizopoulos, Richard Rosen

#### ART

ART DIRECTOR Alexandra Zeigler  
ASSOCIATE ART DIRECTOR Ron Escobar  
PRODUCTION DESIGNERS Heidimarie Haas, Maureen Spuhler  
ART INTERN Trisha Ritchie

#### PRODUCTION

CREATIVE SERVICES DIRECTOR Jane Tarver  
PREPRESS SPECIALIST Paige Ferguson-Tritt  
ADVERTISING INFORMATION MANAGER Audrey Pratt

#### CONFERENCES

CONFERENCE DIRECTOR Elana Maggal  
SENIOR CONFERENCE MANAGER Renée LaRose  
CONFERENCE COORDINATOR Alden Conant  
CONFERENCE SPONSORSHIP ASSOCIATE Sara Mesing  
CONFERENCE MARKETING COORDINATOR Meredith du Plessis

#### WEB

ONLINE EDITORIAL DIRECTOR Andrea Kowalski  
ONLINE EDITOR Erica Rodefer  
ONLINE PRODUCER Hannah Pask  
ONLINE COMMUNITY LIAISON Erin Chalfant  
ONLINE EDITORIAL INTERN Gilad Chudler

#### INTERNATIONAL EDITIONS

MANAGING EDITOR Dayna Macy

#### EDITORIAL OFFICES

475 Sansome Street, Suite 850, San Francisco, CA 94111  
PHONE (415) 591-0555 FAX (415) 591-0733  
SUBSCRIPTION CUSTOMER SERVICE  
(800) 600-9642 [yogajournal.com](http://yogajournal.com)



Printed in the United States on paper made with 30% postconsumer recycled fiber.



ACTIVE INTEREST MEDIA

CHAIRMAN & CEO Efreem Zimbalist III  
GROUP PUBLISHER & COO Andrew W. Clurman  
SENIOR VICE PRESIDENT & CFO Brian Sellstrom  
SENIOR VICE PRESIDENT, OPERATIONS Patricia B. Fox



**Once again,  
nature comes  
to your defense**



**Empowering Better Health™**

Promote healthy sinuses with iFlora® Nasal Health.\* 22 billion\*\* probiotic cells per serving and NAC—a powerful antioxidant—promote balanced nasal flora and a strong immune response.\* This clinically researched daily defense team is serious about keeping you clear and vibrant.

So go ahead. Take a deep breath and enjoy your day!

Available at fine health food and drug stores or online at [SedonaLabs.com](http://SedonaLabs.com).  
To learn more call 888-816-8804.

(Enter code N039YJ online now to receive free shipping)

\* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.  
\*\* Per serving at time of manufacture.

©2009 Nutri-Health Supplements, LLC.



*zero trans-fat*

*certified organic*

*vegan*

Rich buttery flavor with  
a third less saturated fat.

Delicious & healthy,  
down to its roots.

DOWNLOAD DELECTABLE RECIPES AT:  
[EarthBalanceNatural.com/recipes](http://EarthBalanceNatural.com/recipes)

# yoga JOURNAL

Patricia B. Fox  
GENERAL MANAGER

Bill Harper  
VICE PRESIDENT, GROUP PUBLISHER

#### GENERAL ADVERTISING

ADVERTISING DIRECTOR Lisa Wolford (415) 591-0601  
NORTHWEST SALES DIRECTOR Kathleen Craven (415) 380-9642  
EAST COAST SALES Al Berman (516) 766-2122  
MIDWEST SALES Cheryl Solomon (312) 346-2950  
DETROIT SALES Laura Crouse (248) 546-2222  
SOUTHERN CALIFORNIA SALES Gloria Biscardi (310) 356-2247  
SOUTHWEST SALES Nuala Berrells (214) 660-9713

#### YOGA, MEDIA & DIRECT RESPONSE ADVERTISING

EAST COAST SENIOR ACCOUNT MANAGER Aldren Bormann (415) 591-0602  
WEST COAST ACCOUNT MANAGER Rosalind Zukowski (415) 591-0603  
CLASSIFIEDS Brian Castellani (415) 591-0604  
SALES ASSISTANT Katherine Rae (415) 434-6296

#### MARKETING & COMMUNICATIONS

GROUP MARKETING DIRECTOR Celine Bleu (415) 591-0726  
SENIOR MARKETING DESIGNER Anne Mellinger  
JUNIOR MARKETING DESIGNER Melissa Vigil  
ONLINE SALES & MARKETING DIRECTOR Jennifer Andre (415) 434-6288  
EVENTS & PROMOTIONS MANAGER John Robles (415) 434-6292  
MARKETING MANAGER Ashley Miller (415) 591-0722  
COMMUNICATIONS DIRECTOR Dayna Macy  
RESEARCH DIRECTOR Kristy Kaus

#### CONSUMER MARKETING

GROUP CIRCULATION DIRECTOR Barbara Besser  
GROUP FULFILLMENT MANAGER Jessica Bucher  
DIRECTOR OF PARTNERSHIPS/WEB MARKETING Debbie Kane  
MARKETING AND PROMOTIONS SPECIALIST Sarah Kleinman  
GROUP NEW BUSINESS MANAGER Tom Porcella  
CIRCULATION ANALYST Tim Abraham

#### ACCOUNTING & ADMINISTRATION

DIRECTOR OF INFORMATION TECHNOLOGY, AIM Nelson Saenz  
INFORMATION TECHNOLOGY CONSULTANT Kirk Thompson  
OFFICE MANAGER Andrea Fotopoulos  
OFFICE ASSISTANT Shomriell Goodman  
PUBLISHER'S ASSISTANT Lori Rodriguez

John B. Abbott  
PUBLISHER EMERITUS

#### BUSINESS OFFICES

475 Sansome Street, Suite 850, San Francisco, CA 94111  
PHONE (415) 591-0555 FAX (415) 591-0733  
SUBSCRIPTION CUSTOMER SERVICE  
(800) 600-9642 [yogajournal.com](http://yogajournal.com)



ACTIVE INTEREST MEDIA

CHAIRMAN & CEO Efrem Zimbalist III  
GROUP PUBLISHER & COO Andrew W. Clurman  
SENIOR VICE PRESIDENT & CFO Brian Sellstrom  
SENIOR VICE PRESIDENT, OPERATIONS Patricia B. Fox



grace  
the light  
of the soul



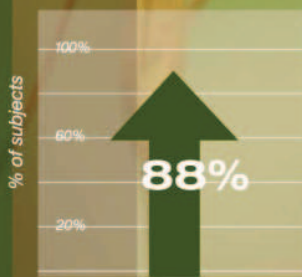
Experience the power of grace in every movement, every moment. With just the right combination of performance, fit and style, Zobha lets you move with ease and elegance. Join the new movement in yoga and fitness apparel and experience the Zobha Difference.

**Shop [zobha.com](http://zobha.com) or visit our store locator to find a retailer near you.**

zobha™  
*every movement  
every moment*

# GET healthier SKIN EVERY TIME YOU SHOWER.

Only AVEENO® is designed to leave skin looking and feeling healthier all day with a breakthrough formula containing colloidal oatmeal, as well as oat and sunflower oils in a softly scented body wash. It's this powerful combination of the best of nature and the proof of science that we call ACTIVE NATURALS®. Only from the brand trusted most by dermatologists for the use of natural ingredients. Visit [aveeno.com](http://aveeno.com) to discover more.



88% of consumers saw visibly healthier skin in just 2 weeks.

© Johnson & Johnson Consumer Companies, Inc. 2008



## editor's letter

Kaitlin Quistgaard

# The Big Picture

**Stress can narrow your vision until you see little more than troubles. But you can expand the view.**

**I RECENTLY MOVED**, which is, of course, one of the great unsettling experiences in life. As the move-out deadline approached—the kitchen packed and my diet confined to caffeine and takeout, the days too full for practicing yoga—I all but lost the connection to my body. I had no appetite, couldn't sleep, didn't notice the aches and pains from overusing some muscles and not using others at all.



Then, with the last of our belongings out the door, I spent a moment savoring the sweet home that had contained so much happiness, so many tears, the last moments of family life before divorce—and grief washed over me. I was eager to move but also nostalgic, and nervous about the future. As I felt the emotion in my body, I suddenly noticed the tightness of my chest, the breathlessness, the side effects of living on adrenaline.

I knew I needed to do more than unpack in my new space to regain a sense of balance. The first thing I did was cook—simple food: rice, veggies, lentils. The ritual of washing, chopping, and stirring was calming, “leaving me with the quiet, unperturbed awareness that accompanies meditation,” as Suzanne VanGilder says of making ghee in “Gold Standard” (*see page 37*). And the effect of a nourishing meal was profound: It brought me back into my body, much the way a grounding yoga practice does. That inspired me to try a gentle detox plan, like the one suggested by Darshana Weill in “Renewable Energy” (*see page 74*). I cut out caffeine and sugar and lived on whole grains and vegetables for a few days. I slept a lot. I unfurled my mat in my new bedroom, breathed deeply, rooted my feet into the earth, and began to stretch out into the next chapter of my life. I started to feel like myself again. In fact, I started to feel great.

The move has been a good lesson in dealing with stress and the tendency to become so singularly focused on pressing issues that I lose touch with the current of life flowing through me. This is something we all do, and it only makes hard times harder. The yogis interviewed by Dayna Macy in “Shelter from the Storm” (*see page 70*) suggest weathering the current economic crisis much as you would any other kind of stress—by resting, practicing, and feeling what you feel, but also loosening your grip on all that you “must do,” so you can have a little space to see the bigger picture of your life. ■

PHOTO: DAVID MARTINEZ; STYLIST: LYN HEINEKEN; HAIR/MAKEUP: BETTEN CHASTON; TOP: FREE PEOPLE; CAMISOLE: B BY DONNA K; PANTS: HYDE

This exclusive natural oatmeal formula goes beyond 24 hour moisture – scientists have proven that it actually improves skin's health in one day with significant improvement in just 2 weeks.



before 1 day 2 weeks

It's this powerful combination of the best of nature and the proof of science that we call ACTIVE NATURALS®. Visit [aveeno.com](http://aveeno.com) to discover more.

THE JOURNEY TO

# healthy

BEAUTY STARTS WITH HEALTHY SKIN.

**Aveeno**  
DISCOVER NATURE'S SECRET



CLAIROL®

to shine all year,  
take ten minutes  
a month.

AMMONIA FREE  
WITH ANTIOXIDANTS



Color with Natural Instincts and you're only 10 minutes away from blending away the gray and leaving behind healthy-looking shine. The antioxidant-rich, ammonia-free formula delivers color fast for shiny results every month. In fact, the more often you use it, the healthier your hair looks.\* So feel free to indulge. NATURAL INSTINCTS. IT'S ALL GOOD.

\*use every month, per package directions ©2009 Clairol, A division of P&G.

 natural  
instincts



**Award-winning** photojournalist **ALISON WRIGHT** records the world in pictures. In this issue, she chronicles the experience of a group of American yogis who traveled last May to Rwanda (see “*Soulful Journey*,” page 64). “It was a really emotional experience for everyone, and the yoga was an important part of helping to process these feelings,” she says. Wright understands this need. Her practice supports her near-constant travel schedule, the physical demands of her job, and other challenges, including healing from a life-threatening accident in Laos, which she wrote about in *Learning to Breathe*. “I bring it into my life every day,” she says. Wright’s photos have appeared in *National Geographic*, *Time*, *O: The Oprah Magazine*, and *Outside* magazine.

**Making your mouth** water is **SHERI GIBLIN’S** job. As an editorial food photographer, Giblin, whose work often appears in *Eating Wisely* (see “*Liquid Gold*,” page 37), collaborates with food and prop stylists to create the perfect shot, which can take hours to capture. While she admits that her job has definite perks (think leftovers), it presents challenges too. Food needs to keep looking fresh and vibrant over the course of a daylong photo shoot, and that can be hard to maintain. “Things wilt; ice cream melts,” she says. Giblin, who lives in San Francisco with her husband, Doug, and her daughter, Lucinda, has photographed numerous recipe books, including *Tiny Bubbles*, about sparkling wines (Chronicle Books). She is also featured in the PBS food documentary *Nourish: Food + Community*.



**When she was** a budding yogini in her early 20s, *Yoga Journal’s* new Basics columnist, **MARLA APT** (see “*The Right Angle*,” page 54), was drawn to the physical benefits of asana. Then her mother introduced her to Iyengar Yoga, and Apt says she “immediately saw the depth of the asana practice and its connection to the entire yogic philosophical system leading toward physical and mental liberation. I was hooked.” Today, the certified Iyengar Yoga instructor hopes to help students see that connection and increase their awareness by approaching a pose and its actions in stages. “Even raw beginners can experience the meditative benefits of yoga,” she says. Apt lives with her husband, Paul, and teaches in Los Angeles at the Iyengar Yoga Institute and at Yoga Works.



PHOTOS (FROM TOP): TY POWERS; DOUG MUISE; PAUL CABANIS

CLAIROL

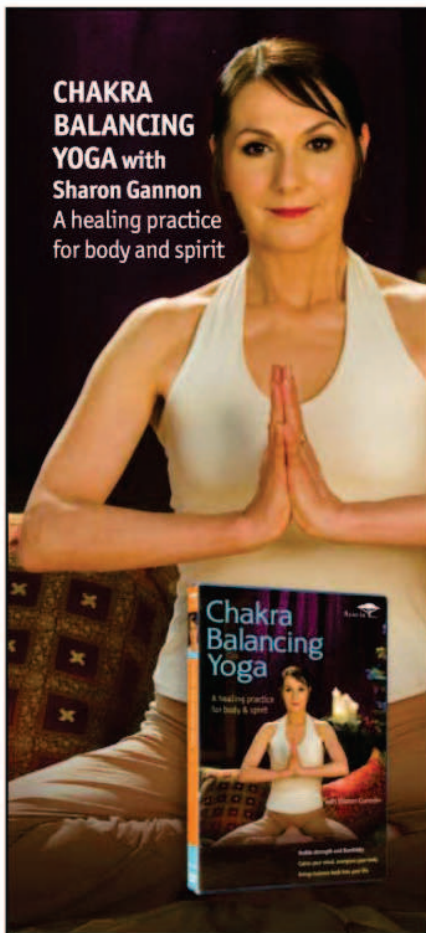
a toast to blondes

INTRODUCING THE NEW  
CHAMPAGNE INDULGENCE  
COLLECTION

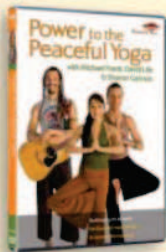
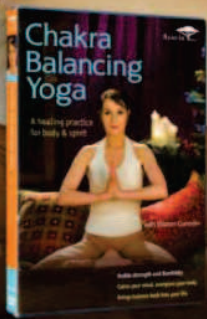
Natural Instincts is breaking out the champagne. Now healthy-looking color comes in four luxurious shades of champagne blonde.

natural instincts

©2009 Clairol, A division of P&G.

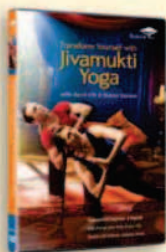


**CHAKRA  
BALANCING  
YOGA with  
Sharon Gannon**  
A healing practice  
for body and spirit



**POWER  
TO THE  
PEACEFUL  
YOGA**

A vigorous  
Jivamukti  
practice with  
David Life &  
Sharon Gannon,  
set to Michael  
Franti's music



**TRANSFORM  
YOURSELF  
WITH  
JIVAMUKTI  
YOGA**

"Not merely a  
workout, it's  
a way of life"  
—InStyle



**Letters**

**Money Matters**

Here is a huge thanks for the article about Greg Gumucio's donation-based yoga studio, Yoga to the People ("The People's Practice," Dec. '08). I discovered the studio while living in New York and fell in love with the concept. Yoga has become such a huge business, and the class prices make it so hard for a regular person to practice in a beautiful, safe, friendly environment. Yoga to the People also offers free podcasts on its website ([yogatothepeople.com](http://yogatothepeople.com)), so you can practice anytime, anywhere.

KRISTY JANVIER  
*via email*



given me the inspiration and knowledge to fuel my personal practice. Since getting the issue, I've practiced every day. Thank you for helping make yoga more accessible to me.

STEPHANIE RENAUD  
*Windsor, Ontario*

**Worry Lines**

Your article "Free from Worry" (Dec. '08) featured Handstand and two rather strong chair-supported poses in a sequence to calm anxiety. Will these asanas actually reduce anxiety? Perhaps for ego-driven advanced students, but not for average yogis.

LUCY NEUENSCHWANDER  
*Kenosha, Wisconsin*

**Therapist Recommended**

I read "Talk to Me," by Elana Verbin Bizer (Dec. '08) and just had to respond. I'm a psychotherapist and yoga teacher and have been incorporating yoga philosophy, breathwork, and postures into my client sessions for the past five years with positive results. So thank you for promoting a style of therapy that can produce more-profound and deeper healing than each discipline alone. Also, the International Association of Yoga Therapists website ([iayt.org](http://iayt.org)) lists practitioners who integrate yoga and psychotherapy.

JULIE KAUS  
*via email*

**Strike a Pose**

I'm always troubled by the *Yoga Journal* covers. Oftentimes, they portray young, skinny women performing the most advanced yoga postures, which would discourage most women and men from trying yoga. The Shyanasana (Respose Posture) pictured on the Dec. '08 cover is unnerving.

ANA LEROY  
*Washington, DC*

**CORRECTION** In "Holiday on Mats" (Dec. '08), the date listed for Yoga Day USA was incorrect. The annual event is for yoga teachers and schools registered with the Yoga Alliance. For information about the next Yoga Day USA in December 2009, go to [yogaalliance.org](http://yogaalliance.org).

**Special Issue**

I picked up *Yoga Journal's* 2009 Complete Guide to Home Practice and wanted to tell you how grateful I am that you put it together. As a yogi, mom of two, and member of our struggling economy, I've found it difficult to come up with the time, money, or knowledge to fit yoga into my life and budget. This guide has

**SEND FEEDBACK TO** Letters, Yoga Journal, 475 Sansome Street, Suite 850, San Francisco, CA 94111; email: [letters@yogajournal.com](mailto:letters@yogajournal.com); fax: (415) 591-0733. Include your name, city, state, and phone number. Letters and emails may be edited for length and clarity.

The exercise instructions and advice presented in this magazine are designed for people who are in good health and physically fit. They are not intended to substitute for medical counseling. The creators, producers, participants, and distributors of *Yoga Journal* disclaim any liability for loss or injury in connection with the exercises shown or the instruction and advice expressed herein.

# Detoxify

The secret to happiness is balance.



**No. 1** SELLING  
Herbal Medicinal Tea  
in the Natural Food industry.

The Ojibwa, a First Nations People, believed the herbal tea we call Flor-Essence® to be a holy drink that purifies the body and places it back in balance. Flor-Essence supports the body's natural healing process of cleansing by supporting liver, kidney, lung, skin, and colon detoxification.

3 ways to try Flor-Essence: 25-day cleanse program, liquid or brew it yourself packs.



[www.florahealth.com](http://www.florahealth.com) - 888-436-6697 - Available in natural food stores.

# HOW DO YOU GET ALL THE SOFT WITHOUT THE SECOND THOUGHTS?

## MILK & HONEY

Trusted ingredients that moisturize skin naturally.

Nourishes skin with healthy vitamins and minerals.

Honey attracts moisture to keep skin soft and smooth.

VS.

## DMDM HYDANTOIN

A chemical preservative that works by releasing formaldehyde.

Short for 1,3-Dimethylol-5, 5-Dimethyl Hydantoin, its scientific name.

Does not meet the standards of the Natural Products Association.

HAVE YOU READ YOUR BODY LOTION LABEL LATELY?



milk · honey · aloe · sunflower seed oil

**BURT'S BEES® NATURALLY NOURISHING BODY LOTION**

*Your well-being is important to us. It's our commitment to The Greater Good.™*

visit [burtsbees.com](http://burtsbees.com)



## shall we dance?

Through tango, a spiritual seeker finds the essence of yoga.

My yoga practice is old. Which maybe is why I feel young—well, much younger than 57. My practice goes back to a book by Yogi Bha-  
 shadran, which fell into my hands from a remainder pile more than 30 years ago. As they say, when the student is ready, a teacher appears.

I'd always trusted in my own divinity, probably the legacy of my Catholic upbringing. But yoga was my bridge from the monotheistic split of body and soul to the experience of body and soul as one. Yoga helped me locate the Divine in my own body, in a place beyond word or thought. Over the years, under the guidance of many teachers, I gradually awakened to my one little body as the universe with all its finite and infinite boundaries. To use a Zen metaphor, I became like a dewdrop that reflects the entire moon.

Yoga and meditation prepared me in a way that no other discipline could for my passion for Argentine tango, which I discovered much later in life, under similarly fortuitous circumstances. My well-oiled joints and limber spine gave me solid physical grounding for a dance that I have come to consider part of my yoga practice. And yoga's spiritual centering prepared ➤



PHOTO: ZEN SHUI/ALIX MINDE/PHOTOALTO AGENCY/JUPITERIMAGES

## shall we dance?

► me for tango's demand for total presence and surrender of ego.

Argentine tango was born among 19th-century immigrants of their desire for intimacy, or connection, with others, the way that yoga was born of an urge to connect with the energy of the cosmos. In tango, the leader and the follower share a fluid balance that emanates from the spine, or axis. When I lean torso-to-torso with my partner and we step in sync to the music, I leave artificial time behind. My breath is deep, boundless, and effortless; my heart chakra blossoms like a thousand-petal lotus. The two of us connect, human props for each other, in a rapturous yogic flow.

In Buenos Aires I assisted a teacher who admonished his students, "Not two. One!" His command for dancers to let go of the idea of a separate Self echoed the instruction of Zen teacher Shunryu Suzuki Roshi, whose "Not two, not one" similarly taught us not to count the world inside and the world outside ourselves as separate phenomena; in fact, not to count at all.

If it was on the mat that I first discovered these lessons, experiencing this union on the dance floor has taught me to be open to finding the Divine everywhere—in actions as humble as peeling potatoes, or as fantastic as walking a tightrope. In these moments, when you give all of yourself to whatever you're passionate about—when you find yourself transported to that inexplicable place of connection and delivered back, renewed—I think you discover the true meaning of yoga.

*Camille Cusumano is the author of Tango: An Argentine Love Story.*



It takes connection to tango: Camille Cusumano finds the Divine in dance.



## feeling footloose?

Many have found common ground between dance and yoga as forms of self-expression and connection with the Divine. Want to explore the link for yourself? Check out one of these yoga-dance experiences.

### SHIVA REA'S YOGA TRANCE DANCE

One of the best-known yoga-dance hybrids, Yoga Trance Dance is a seamless mix of yogic philosophy, body appreciation, and personal exploration. Find information on upcoming Yoga Trance Dance dates and on the program's instructional DVDs at [shivarea.com](http://shivarea.com).

### KRIPALU YOGADANCE

Known to many as meditation in motion, YogaDance is all about finding your personal rhythm and movement. It's taught at the Kripalu Center for Yoga & Health in Massachusetts, but you can find a class near you by using Kripalu's Find a Teacher feature on [kripalu.org/find\\_a\\_teacher](http://kripalu.org/find_a_teacher).

### DANCE OF LIBERATION

Developed by Israeli-born Parashakti, this workshop engages both the body and the mind in an experience that includes a blindfold, breathwork, and modern shamanism. For scheduled events, including a monthly workshop at the Jivamukti Yoga School in New York City, go to [parashakti.org](http://parashakti.org).

### YOGA MEETS DANCE

Imagine a gentle aerobic workout with guided visualizations—that's the heart of Beth Rigby's trademarked style. Find a certified instructor in your area as well as Rigby's own calendar of classes in Tucson, Arizona, at [yogameetsdance.com](http://yogameetsdance.com).

### LIQUID ASANA

This DVD by Zen Dancing founder Micheline Berry applies fluid dance moves to modified poses for a free-flowing vinyasa practice, which Berry teaches at the Exhale Center for Sacred Movement in Los Angeles. For a schedule of events, visit [michelineberry.com](http://michelineberry.com).

VICTORIA EVERMAN

**Ester-C®**  
**Think of it**  
**as an umbrella**  
**for your**  
**immune system.\***



Remember winter? The season of drippy noses, sneezing and wheezing — when your immune system weathers storm after storm. It's the season for the advanced 24-hour immune protection of Ester-C.®\*

**Take once a day for:**

**24-Hour Immune Protection\*:**

Patented Ester-C® increases vitamin C levels in the body—getting into white blood cells quickly and staying there for up to 24 hours.\*<sup>1</sup>

**Gentle on the Stomach:**

Ester-C® is buffered and non-acidic, making it gentle on the digestive system.\*

**Quick Absorption:**

Ester-C® is formulated to maximize the absorption and retention of vitamin C in your body.\*

**Ester-C®**  
**The Better Vitamin C®**

**AMERICAN HEALTH®**

1-866-646-8576 • [www.AmericanHealthUS.com](http://www.AmericanHealthUS.com)  
Look for the full line of Ester-C® formulas from American Health®  
Available at Fine Health Food Stores.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

<sup>1</sup>Combs MA, Vrablic AS, Moyad MA, Bernal S, Velasquez J, Supangan B. Vitamin C Metabolites Enhance Leukocyte Uptake And Half Life: Critical Implications For Immune Enhancement? 48th Annual Meeting of the American College of Nutrition. 2007.

Ester-C®, Ester C® and The Better Vitamin C® are registered trademarks of The Ester C Company. U.S. Patent Nos. 6,197,813 and 6,878,744.

**GNC LiveWell®**  
SHOP NATIONWIDE OR AT [GNC.COM](http://GNC.COM)

**Vitamin Shoppe®**  
Answers For Every Body™

©American Health, Inc. 2009 1090084s



## mantra for loving compassion

### Om Mani Padme Hum

**Om—the jewel in the lotus—Hum.**

This is perhaps the most sacred mantra in the Tantric Buddhist yoga of Tibet. It calls on the bodhisattva Avalokiteshwara, whose name means “the cosmic being of pure consciousness who looks down in loving compassion on the world.” He exists within each of us in our potential to feel heart-melting compassion for ourselves and all other living beings. Another name for the bodhisattva Avalokiteshwara is Manipadma. More often, *mani padme* is translated as “the jewel in the lotus,” referring to the sacred jewel-like consciousness within the heart of one with the intention to achieve enlightenment for the sake of all beings. Two sacred syllables—the peaceful Om and the powerful Hum—enclose the mantra. Repeat it with both tranquil, loving compassion and with intense focus on your intention.

INTERPRETED BY CHRISTOPHER D. WALLIS,  
A SANSKRIT SCHOLAR AT UC BERKELEY  
(YOGASTHANA.ORG)

## lifted weight

**Yoga inspires dramatic weight loss and frees a man from despair.**

Two years ago, at the age of 47, I weighed 538 pounds. I would drive to work and sit depressed and disheartened

in my car. I had a hard time breathing when I walked, and my legs, feet, and back hurt from all the stress my weight put on them. I needed something miraculous if I was ever going to get over my mental and physical pain. I knew I had to rely on a power greater than myself to restore my sanity and health.

I went to a health fair at work, and there was a yoga instructor there. I asked her if I could do yoga, at my size. She looked me right in the eyes without hesitation and said yes. I tried the class, and with the support of the instructor and the other students, I started taking yoga twice a week. The other students would stand around me and lift parts of my body to help me into the poses. Today I weigh less than 190 pounds. I do yoga five or more times a week, and I just finished a teacher training course.

Anyone, regardless of his or her restrictions, can do yoga. All you need is a willingness to do just what you are capable of doing at the time and be open to possibilities and miracles as they come. Yoga taught me patience and gratitude. Yoga has taught me that I am OK just where I am today. My fondest wish is to teach yoga and share my experience, strength, and hope with others who know what despair feels like deep down in their bones. Yoga heals, nurtures the soul, and gives the promise of new beginnings. LARRY SHERMAN



ILLUSTRATION: SARAH WILKINS; PHOTO: JULIA STEVENSON

# burn more calories with every step™



KINDLE



**It's no secret.** The more lean body mass you build, the more calories you burn. With Earth® footwear, the slight incline of our Kalsø® Negative Heel Technology® lets you feel as if you're walking on an inclined treadmill, and you can actually burn fat and build more muscle\* without going to the gym. Too good to be true? Check us out online to see our clinical research and watch our video at [www.earthfootwear.com](http://www.earthfootwear.com).

Available at:



877-320-7503

\*For complete clinical results that attest to these benefits, please visit [earthfootwear.com](http://earthfootwear.com) or write to Earth, Inc., Attn: 10,000 Steps Research, 135 Second Avenue, Waltham, MA 02451.



## think about it

Meditation can help your brain work more efficiently.

Sitting in meditation can be challenging. You might feel anxious to get back to your busy day. Your mind wanders. Your foot falls asleep. But consider this: A regular meditation practice can make your brain work better.

Over the past few years, scientists have discovered that meditation helps the brain to process information more efficiently. One study, conducted at the University of Wisconsin–Madison, found that people who meditate capture information that others miss when presented with a series of visual cues in quick succession. The difference was most marked in longtime practitioners of *vipassana* meditation, but even novices who practiced just 20 minutes per day scored better than people who didn't meditate.

Just as repeated practice of Sun Salutations builds strength and stamina, so regular meditation enhances the brain's capacity for perception, awareness, and efficiency in processing, says Sat Bir Singh Khalsa, assistant professor of medicine at Brigham and Women's Hospital, Harvard Medical School. "Meditation has both short- and long-term benefits to brain structure and function," he says.

Another study, conducted through Massachusetts General Hospital, found that longtime meditators have a thicker insula, the part of the brain that links the emotional center with the thinking center. Some researchers say that this finding may explain a seeming paradox: In meditators, the amygdala, the part of the brain tied to the fight-or-flight impulse, is more active than in nonmeditators. But meditators also seem to be better able to calm that response than others.

"No one has proven why yet, but the theory is that meditators are more aware of what's happening in their environment and better able to control their internal psychological and physiological responses to it," says Khalsa. HEATHER BOERNER

## simple meditation

Mark Coleman, a meditation teacher and the author of *Awake in the Wild*, offers this simple meditation as an introduction to mindfulness, or the state of nonreactive, receptive awareness that forms the heart of *vipassana* meditation.

Sit comfortably in an upright but relaxed position. Close your eyes and bring your attention to your nostrils. As you breathe notice the subtle sensation of cool air passing into, and warm air passing out of, your nose. Without manipulating the breath, simply notice the sensation.

Maintain your attention to every breath. Staying relaxed and mentally alert, become curious about each passing one as if it were your first.

If your attention wanders, simply notice the distraction and patiently return to the sensation of the breath. Your ability to stay present deepens by consistently returning to the current moment.

Do this exercise 10 minutes once or twice a day, gradually extending your sessions to 20 or 30 minutes each.

A woman with dark hair tied back is performing a Chaturanga yoga pose on a dark, porous volcanic rock surface. She is wearing a red tank top and grey shorts. Her right arm is extended upwards, and her left arm is extended downwards, touching the rock. Her body is in a deep lunge position. The background is a lush tropical garden with various green plants, a small Buddha statue, and a wooden building with a thatched roof. The overall scene is bright and natural.

ATHLETA

HIP & FEMININE outside,  
with a PERFORMANCE-DRIVEN core.  
Outfitting women athletes since 1998.  
Visit [athleta.com](http://athleta.com)

Here's Where You Find Total Balance In Life

Athleta's Lotus Swirl Tank and Chaturanga Yoga Short • For a FREE CATALOG, call us toll free 1.888.322.5515

## green house effect

On Jenny Persha's dream-house wish list are an organic garden and a geothermal heating system, which uses the Earth's hot water and steam to warm the inside of the house. "Actually, my dream home would be off the grid entirely, but that's a little hard to do in the city," she says with a laugh. Three years ago, Persha and business partner Brent Sainsbury formed Enlightening Real Estate, a Keller Williams Realty group in Madison, Wisconsin, that specializes in connecting buyers with their own eco-friendly dream homes.

Persha, a Kundalini practitioner and a volunteer for local conservation-minded causes, feels that specializing in sustainably designed homes and promoting energy conservation is a way of fulfilling what she sees as a moral obligation. "I needed to find a way to educate the general public," she says. "If people know that there is something they can do, they will do it."

Persha and Sainsbury lobbied to have designations like "Energy Star Certified" added to a home's listing on Wisconsin's Multiple Listing Service, allowing buyers to identify energy-efficient homes at a glance. Among the services they offer their clients are a free energy audit, help finding a broker who can write an efficiency mortgage, and resources for green remodeling.

According to a recent study by the U.S. Green Building Council, homeowners and homebuyers are more inclined than ever to make green choices when they renovate or buy a home. "Green homes are the bright spot in an otherwise gloomy housing market," says Michelle Moore, a senior vice president of the council. Chris Bartle, the CEO of Green Key Real Estate in San Francisco, says that in his area, the demand for homes with green features far exceeds the supply. "We get calls all the time from people who are interested in green homes. We tell them we can show them the few that are on the market, but we can also help them find a home they love and then help them make it green."

At Enlightening Real Estate, Persha strives to meet her clients' needs, whether they want to reduce their energy bills, or just do what they think is right. "It's all connected," Persha says of her home Kundalini practice and her efforts on behalf of the environment. "Yoga is a chance for me to feel at peace. It puts everything in perspective and reminds me why I'm working on the issues I'm working on."

KRISTINE HANSEN

Real estate agents specializing in energy-efficient homes give buyers more options.



## buyer's guide

In the market for a green home? Here are some useful terms to know.

- **ENERGY-EFFICIENT MORTGAGE**

This type of mortgage increases a buyer's borrowing power by adding the estimated energy savings to the borrower's income and incorporating the costs of energy improvements into the mortgage amount.

- **ENERGY STAR** An independent energy-efficiency certification program run by the U.S. Environmental Protection Agency and the U.S. Department of Energy.

- **GREENPOINT RATED** A rating of a new or existing home's green features by the independent nonprofit organization Build It Green.

- **HERS INDEX** A home energy rating system. The lower the HERS Index, the more energy efficient the home is. The HERS score determines whether a home qualifies for an Energy Star certification.

odwalla.  
 THE ARTFUL MIX OF  
 TASTE and NUTRITION.™

Start with the freshest tasting ingredients nature has to offer. Mix masterfully. Pump up the protein—33 grams' worth in every bottle. Embrace the nutritious and avoid the artificial. The result: a tasty, chocolate-y treat that rebuilds, recharges and rewards.

odwalla.  
 nourishing the body whole.®



©2009 Odwalla, Inc. "Odwalla," "Chocolate Protein Monster," "Nourishing the Body Whole" and "The Artful Mix of Taste and Nutrition" are trademarks of Odwalla, Inc.



Explore Odwalla's wonderful world of flavor and nutrition. Naturally, you'll find us in the produce section.



## nondairy delight

Nondairy milks made from soybeans, grains, and nuts can be a healthy alternative.

If you're considering giving up dairy products, either for ethical considerations or because of sensitivity to milk or its components, the choice has never been easier. With an abundance of milk substitutes made from ingredients such as soybeans, oats, rice, and almonds, you won't have to forgo cereal—or any of your other favorite milk pairings.

From nonfat versions to coffee creamers, and from plain to chocolate flavored, nondairy milk comes in many varieties. And some of its benefits may surprise you. Soy milk, for example, contains isoflavones, which some research suggests can help protect against cancer, maintain bone health, and help prevent menopausal symptoms, such as hot flashes. It also contains the most protein of the nondairy alternatives. Debra Boutin, an associate professor at the School of Nutrition and Exercise Science at Bastyr University in Seattle, says that almond milk is a good source of vitamin E, a heart-healthy antioxidant. And many nondairy milks are fortified with nutrients like calcium and vitamin D. Best of all, they are naturally low in fat and are cholesterol free.

Going dairy free may be the healthiest choice you can make. The Physicians Committee for Responsible Medicine links the consumption of dairy products with heart disease, some cancers, diabetes, and other health concerns.

Nondairy milk can almost always be substituted for cow's milk: Try it on cereal, drink it straight from a glass, or use it in baking. But not all varieties work equally well in all circumstances. Rice and oat milk, for example, tend to be sweeter and thinner than soy milk, so aren't favored for creamy sauces. And consistency and flavor can vary from brand to brand. When it comes to nondairy milk, taste preferences may be your best guide.

"Try different brands to find one you like, mix up the types of nondairy milk you use, and read labels to make sure you have a balance of the nutrients you need," Boutin says. ANGELA PIRISI

### shake it up

Whether you suffer from milk sensitivity, have an all-out allergy, or simply choose not to consume animal products, there are plenty of options when it comes to milk

alternatives. Here are some of the most common dairy-free products available at most natural food stores and some supermarkets.

#### SOY

The most protein-rich nondairy milk; usually fortified with calcium and vitamin D.

❖ 1 cup soy milk contains 30 mg of isoflavones.

#### RICE

Low in fat and easy to digest; rice allergy is uncommon.

❖ Not a nutrient-rich source but often fortified with calcium and vitamins D and B12; usually sweetened.

#### OAT OR MULTIGRAIN

Has slightly more protein than rice and almond milk; low in fat.

❖ Not as healthy as eating whole grains; may contain gluten.

#### ALMOND

Low in fat; usually fortified with calcium and vitamin D.

❖ Not an option for those allergic to nuts.

# STOMACH FRIENDLY

! There's an easier way to help cut out digestive problems.

Maintaining digestive balance and regularity takes more than cutting out problem foods. Help your body make the most of your nutrition and feel your best with the American Health® family of high quality, stomach-friendly probiotic products. American Health® Probiotics are available in liquids, capsules and chewables — and deliver up to 20 billion live organisms per serving.\*\*

**AMERICAN HEALTH**

[www.AmericanHealthUS.com](http://www.AmericanHealthUS.com)

Available at fine health food stores everywhere.



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.  
\*\* At time of manufacture ©2008, American Health® 109308a



## sole desire

Indulge your feet with treats that soothe and support.

Your feet are your foundation: They ground you, support you in all that you do, and take you where you want to go. But chances are that you don't think much about them until you spy them halfway through your first Sun Salutation of the day.

Now is the time to show them your appreciation and give them a little TLC. Treat them to comfy shoes, smooth their rough edges, pamper them with a luxuriant massage, or soothe them with a warm soak after a long day. You can even dress them up with a coat of shiny, non-toxic polish; you'll be glad you did the next time you're gazing toward your feet in Uttanasana.

**PLAYING FOOTsie** (right) Slough off your rough winter skin with Earth Therapeutics' Natural Sierra Pumice Brush (\$3.98), *mothernature.com*. The Sanuk Fraidy Cat flip-flop (\$32) has a comfy suede footbed, *sanuk.com*. Peppermint oil and menthol in Burt's Bees Peppermint Foot Lotion (\$9 for 3.38 ounces) wake up tired feet, *burtsbees.com*. The Origins Foot Rest Soothing Foot Soak (\$20 for 7 ounces) has an invigorating aroma, *origins.com*. The strappy Sizzle Sandal (\$119) by Earth adds a little glitter to spring out-fits, *zappos.com*.



 aravon.

Comfort Engineering by **new balance**®



Stridarc™ rocker sole Collection

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



**SEEING RED** (left) Water-based, nontoxic Acquarella Nail Polish (\$18) comes in 22 colors, including Plasma (*pictured here*) and Prissy (*see below*). You can remove your old pedicure without fumes with Acquarella Remover (\$6), formulated for removing Acquarella nail polish, [acquarellapolish.com](http://acquarellapolish.com). The peep-toed Entire by Simple (\$55) has a silk Shantung upper, [simpleshoes.com](http://simpleshoes.com). The Rana Tharu (\$200) by El Naturalista has a soft leather upper and a flexible natural rubber sole, [elnaturalista.com](http://elnaturalista.com) for a retailer near you. Walk and roll with the kicky MBT Lami (\$230), which has the company's signature rocking sole, [swissmasaius.com](http://swissmasaius.com) for a retailer near you.

**BEST FOOT FORWARD** (right) J-41's Journey (\$109) pairs a pretty upper with a rugged sole to cover tough terrain with style, [planetshoes.com](http://planetshoes.com). Shea butter and aloe in Get Fresh Rescue Me Intensive Foot Repair Crème (\$19.50 for 5 ounces) moisturize rough, dry skin, [getfresh.net](http://getfresh.net). The patent leather Birkenstock Gizeh (\$69.95) is a playful take on the classically comfortable sandal, [birkenstockusa.com](http://birkenstockusa.com).





# for 2 days, we walk as 1

Remember, early detection helps save lives.



*Get a mammogram. Perform monthly breast self-exams. Have a clinical exam and talk to your doctor. And encourage women around you to do the same.*



A Project of the Avon Foundation, a 501(c)(2) public charity

The extraordinary experience of a lifetime awaits you! Register now for the Avon Walk for Breast Cancer. Over 2 days you will journey 39 miles helping to forever alter the lives of thousands affected by breast cancer worldwide. Together, we will unite with one purpose and one goal—the eradication of this deadly

disease. The money we raise will allow medically under-insured women and men to receive the screening, support and treatment they require. And leading-edge research teams across the country will be powered by the funds they need to fuel their quest for a cure—all because of you! Take the first step. **Register today.**

**Register, volunteer or donate today. AVONWALK.ORG 1.888.618.WALK**

2009 Weekends	Houston Apr 4-5	Washington, DC May 2-3	Boston May 16-17	Chicago Jun 6-7	Rocky Mountains Jun 27-28	San Francisco Jul 11-12	Los Angeles Sep 12-13	New York Oct 10-11	Charlotte Oct 24-25
------------------	--------------------	---------------------------	---------------------	--------------------	------------------------------	----------------------------	--------------------------	-----------------------	------------------------

National Sponsor: **Reebok**

WIN A RETREAT!



Lucy wellness retreat at Rancho La Puerta

We've always wanted to spend a week at a spa tuning up our mind-body connection. Haven't you? That's why we teamed up with **lucy** to offer up the chance to win a week for two at Rancho La Puerta! One lucky winner and a guest will escape to this award-winning health and wellness resort for a week, including three spa treatments, access to over 50 fitness classes and complimentary meals and beverages.

To enter:  
[yogajournal.com/lucyretreat](http://yogajournal.com/lucyretreat)



When you look good, you feel good. And when you feel good, you go the extra mile. So at lucy, our passion is to design fashion forward clothing that inspires athletic women.

lucy inspires performance™  
[lucy.com](http://lucy.com)

NORDIC NATURALS EPA XTRA

Nordic Naturals EPA Xtra is an excellent choice for those wanting more omega-3 in fewer capsules! This higher dose EPA product provides consumers with targeted support for heart health and joint health. 60 lemon-flavored soft gels.  
[nordicnaturals.com](http://nordicnaturals.com)



RECYCLE YOUR MAT

Recycle Your Mat provides socially responsible yoga mat recycling, upcycling and donation services for yoga practitioners and studios.  
[recycleyourmat.com](http://recycleyourmat.com)



YOGA JOURNAL'S YOGA FOR WELL-BEING WITH JASON CRANDELL

Made for practitioners of all ages and skill levels, this DVD features practices for Restful sleep, Greater energy, and Mental clarity. These convenient 20-min sequences provide healthy solutions for meeting the challenges of your daily life.  
[shopyj.com](http://shopyj.com)



CANKER SORE? NO MORE

Canker Cover® eliminates most canker sores in just one day. This revolutionary tablet-like patch adheres to the canker sore and forms a gel bandage. The patch relieves pain immediately and protects from irritants for up to 12 hours.  
[cankercover.com](http://cankercover.com)



EXHALE

A union of mind and body. Experience restorative retreats, workshops and teacher trainings to guide you on your journey to transformation, healing or teaching.  
[exhalespa.com](http://exhalespa.com)



LOSE WEIGHT FAST WITH HYDROXYCUT™ INSTANT DRINK PACKETS!\*

Shake things up with Hydroxycut Instant Drink Packets – the tastiest way to lose weight fast! Hydroxycut Instant Drink Packets can help you lose up to 4.5 times the weight than diet and exercise alone!\* Plus, they help increase your energy and control your appetite!  
[hydroxycut.com](http://hydroxycut.com)

\*In two 8-week studies in which all groups followed a diet and exercise plan, subjects using the key ingredients lost, on average, significantly more weight than subjects using a placebo (14.99 vs. 3.06 lbs. and 12.54 vs. 3.53 lbs.). Read entire label before use. Sensible diet and exercise are essential for healthy weight loss. © 2008

A woman with long brown hair is shown from the back, sitting on a light blue yoga mat on a wooden floor. She is wearing a purple sports bra and purple leggings, both featuring the Chinese characters '祥和' (Xianghe) on the back. Her arms are raised and bent, with her hands clasped behind her head. The background is a plain, light-colored wall.

lucy

lucy inspires performance™

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

fashion forward  
**performance** clothing



# MaraNatha<sup>®</sup>

## Spread the Great Taste of Almonds



### MaraNatha No Stir Almond Butter

is packed with protein and fiber. It provides additional nutrients including heart healthy monounsaturated fat, calcium and magnesium. Try our entire line of organic and all natural nut butters with apples, whole grain pretzels, pita chips or with honey on a sandwich for a heart healthy snack.



Healthy  and Soul  
SWEEPSTAKES

Enter To WIN A FREE  
Weekend Yoga Getaway!

Plus 35 Other Heart Healthy Prizes


Visit [www.maranathafoods.com](http://www.maranathafoods.com) to enter



# Gold Standard

**Making ghee creates a culinary treasure and a meditation on the essence of milk and life.**

**EVEN AS THE SPRING** equinox approached, nature continued to dump record-breaking quantities of snow on my hometown of Madison, Wisconsin. That time of year, the weather sometimes interferes with the work of my husband, a modern-day milkman making deliveries in a biodiesel truck painted black and white to look like a Holstein cow. During an especially blustery week last spring, the weather kept him off the road and left us with 60 pints of cream packed in snow outside the back door. There are only so many ways a family of four can enjoy the luxuries of fresh cream, and I knew that if we didn't do



CLARIFIED  
BUTTER, OR  
GHEE (RECIPE  
ON PAGE 40)

something with it in the next few days, the luscious bounty would go to waste.

That's when some friends from my yoga community suggested I turn the cream into clarified butter, or ghee. Ghee is made by heating unsalted butter until it clarifies into its separate components: lactose (sugar), milk protein, and fat. Over a low flame, the moisture is removed, and the sugar and protein separate into curds

**Everything got quiet, and the bubbles were clear. The aroma was lovely, like croissants.**

that sink to the bottom and are later discarded. What's left is rich, sweet, nutty ghee—a substitute for butter or oil in any recipe. With its high smoking point of up to 485 degrees, it's perfect for frying and sautéing. Its robust flavor makes it a great seasoning for everything from oatmeal to rice, steamed vegetables, and curries. It's delicious spread over any type of bread. And it's lactose free and easy to digest.

#### DOWN TO THE ESSENCE

Throughout India, ghee is a sacred symbol of auspiciousness and a household staple in medicine cabinets as well as kitchen pantries. Kept out of sunlight and free of moisture, ghee has a shelf life of 12 months without refrigeration, though some people prefer to refrigerate it. In Ayurveda, India's 5,000-year-old system of healing, ghee is as much medicine as it

is food, says Rima Shah, a certified Ayurvedic practitioner at the Kanyakumari Ayurveda Education and Retreat Center in Milwaukee. "It is completely

nourishing and healing," Shah explains. "It is considered the single most powerful food for increasing *ojas*, the vital life force that lives in all of us. Ojas is the essence of health and well-being."

According to Shah, ghee makes appearances throughout the ancient texts, which give glowing descriptions of its brilliance and light. In the Mahabharata, the great Indian epic that includes the Bhagavad

Gita, ghee is described as an essence flowing through and sustaining the world.

In Vedic texts, ghee is a kind of metaphor for the Divine, says ghee maker Peter Malakoff, an Ayurvedic practitioner in Bolinas, California. "As the Divine is hidden in creation and could be considered to be the essence of creation, so ghee is hidden in milk and is considered to be the essence of milk," he says.

#### THE RIGHT CHURN

In much of the United States, you can buy ghee at natural food stores—or you can order it online. But many people make their own from butter. Malakoff recommends starting with organic, unsalted butter to avoid concentrating hormones, pesticides, and antibiotics.

Of course, I had cream, so my first step was to make butter out of it. Using an old countertop mixer, I set up shop at night when I could work undisturbed. While the beaters mixed and the bowl spun, I pattered around the kitchen, periodically checking on the cream. I was putting

©2009 General Mills



IF DARK CHOCOLATE IS HEAVEN,

dishes away when suddenly the whir of the mixer was joined by a loud sloshing sound. Liquid was spraying all over the counter and floor. I had a mess, yes, but I also had butter.

As I churned through 19 more batches, I listened for that distinct sloshing sound, signaling a newly formed ball of butter swimming in buttermilk. I didn't finish until early in the morning and fell into an easy sleep, knowing my fridge was brimming with 24 pounds of fresh butter.

#### HOT STUFF

The next two evenings were devoted to transforming my homemade butter into ghee. I filled my biggest pot with butter and turned up the heat to let it melt evenly and simmer before the lactose and protein began to separate from the fat.

During the butter's time on the stove, the only thing you have to do is listen and watch. Allowed to move and roll, the butter makes a nervous frying noise. Then it quiets. While the butter is simmering, it's important to resist the urge to stir or skim

the liquid. If you leave the butter alone, even as it sizzles and foams, the lactose and milk protein separate naturally from the golden essence that is ghee. This can take anywhere from 20 minutes to hours, depending on how much butter you start with and the size of your pot.

It was easy to see when the ghee was ready. Everything got quiet, and the bubbles were clear. The aroma was lovely, like croissants. Then I took the pot off the heat and let it rest for about 30 minutes. Once it settled, I poured the ghee through a doubled piece of cheesecloth (an unbleached coffee filter works well, too) into clean, dry airtight containers. In India, the curds are used to make ghee lamps. In my kitchen, they became a special treat for the dog.

#### DIVINE FLOW

Before closing the containers, I let the ghee cool completely to prevent condensation from forming on the lid. This step, says Malakoff, helps keep moisture out so that the ghee will last up to a year.

(Always using a clean, dry utensil to scoop out your ghee helps, too.) Ghee's melting point is close to room temperature, so the consistency can fluctuate between a solid like butter and a liquid like olive oil. One pound of butter makes roughly three-fourths of a pound of ghee; I collected 17 pints of the stuff, maybe 18 if you include what was lost to spillage, incomplete filtering, skin care, and sampling.

After three days of stripping down dairy to its purest form, it was easy for me to understand Malakoff's link between making ghee and connecting to the Divine. My own thoughts settled throughout the project, leaving me with the quiet, unperturbed awareness that accompanies meditation. A sense of peace comes with taking part in a process that spans millennia, and I found myself happily watching the ghee run through the filter, admiring its easy viscosity, and inspired by the sweet unobscured flow of liquid gold. ■

*Suzanne VanGilder is a yoga teacher working on her Anusara certification.*

# WHAT BETTER PLACE TO ENJOY IT.



New 100% Natural Nature Valley Chewy Trail Mix Dark Chocolate & Nut. Where's yours?

## Ghee

MAKES 1½ CUPS

Some recipes suggest removing the foam from the butter; others say it isn't necessary.

1 pound unsalted organic butter

**1** Line a fine-mesh tea strainer with a piece of cheesecloth, set it over a clean pint-size canning jar, and set aside.

**2** Melt the butter in a small, heavy-bottomed saucepan over low heat, stirring it occasionally, for an even melt.

**3** Once it melts, you will notice foam gathering on the surface. You can scoop the foam out with a spoon or just let it be; the melted butter will eventually stop foaming and start to subside. A few milk solids will settle at the bottom and brown slightly. This process will take 15 to 20 minutes.

**4** When the liquid appears quite clear, like a light-amber-hued oil, pour it through the cheesecloth-lined strainer into the jar, leaving the browned milk solids behind.

**5** Set jar aside until ghee is completely cooled, then put on lid.

*Adapted with permission from 660 Curries, by Raghavan Iyer (Workman Publishing, 2008).*

## Alu Roti

MAKES 12 SERVINGS

### Roti

- 4 cups whole-wheat flour
- 9 tablespoons ghee
- 1 cup cold water

### Filling

- 2 medium potatoes, peeled and quartered
- 3 tablespoons ghee
- ½ cup onions, minced
- ½ teaspoon salt



SAVORY AND BUTTERY ALU ROTI

- ½ teaspoon ground cumin
- ½ teaspoon garam masala
- ¼–½ teaspoon fresh green chilies, minced
- ½ cup fresh cilantro, minced
- Juice of ½ lemon
- ¼ cup ghee, melted

**1** Combine flour and 9 tablespoons ghee with your hands in a large bowl until mixture resembles breadcrumbs. Add water and knead until it forms a firm, smooth dough. If dry, add more water, 1 tablespoon at a time, and knead again. Cover, and set aside for 30 minutes.

**2** While the dough rests, cook potatoes in a large pot of salted, boiling water until they're soft, about 20 minutes. Drain, mash, and set aside.

**3** Heat 3 tablespoons ghee in a frying pan over medium heat. Add onions and sauté until soft (5 minutes). Add salt, cumin, garam masala, chilies, and potatoes. Stir until mixed well. Remove from heat. Stir in cilantro and lemon juice.

**4** Divide dough into 12 evenly sized balls. On a lightly floured surface, roll out the dough into 4-inch circles.

**5** Place 1/12 (about 1 to 2 tablespoons) of the filling in the center of each circle. Carefully bring the edges of the dough up and pinch them together to enclose the filling.

**6** Gently flatten each roti down into a 4-inch circle. Keep them covered with a damp cloth until you are done.

**7** Cook roti in a dry, heavy-bottom or nonstick frying pan over medium-high heat for about 1 minute. Flip over and cook other side.

**8** Brush the roti with a little melted ghee, and cook oiled side for 2 minutes. Then brush some melted ghee on top, flip, and cook for 2 minutes, until lightly browned on both sides.

*Adapted with permission from The Modern Ayurvedic Cookbook, by Amrita Sondhi (Arsenal Pulp Press, 2006).*

देह यंत्रम् सतैलम् कुरु  
oil the machine

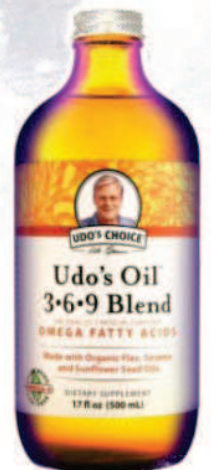
STRENGTH  
STAMINA  
RECOVERY



We are spiritual machines with capabilities beyond imagination. Through practice we shape the future and discover our potential.  
*The future is now.*

After 20 years of research and 2 studies measuring the effect of Udo's Oil™ on human performance, we know the body, like most machines, needs oil to run its best. People around the world are experiencing greater strength, improved stamina, and faster recovery using Udo's Oil. Now it's your turn.

» [oilthemachine.com](http://oilthemachine.com)



888-436-6697 | AVAILABLE IN NATURAL FOOD STORES.

ORGANIC | SUSTAINABLE | FISH-FREE

*embark on a healing, transformational journey.*



m i a m i b e a c h

v e n i c e

t u r k s + c a i c o s

Whether you want to relax and rejuvenate, deepen your practice, or become a teacher – experience exhale's revolutionary yoga + spa retreats + teacher trainings in 2009. Soak in the sun at the Traymore in Miami Beach, escape to the Gansevoort Turks + Caicos, a Wymara Resort, or fulfill your desire to become a teacher at exhale Center for Sacred Movement in Venice. Transformational retreat programming led by renowned teachers and healers, healthy cuisine, spa-infused accommodations + more await you.

**march 20-29 | saul david raye | venice, california**

**april 23-26 | fred devito + elisabeth halfpapp | turks + caicos**

**april 23-26 | shiva rea | venice, california**

**june 12-14 | fred devito + elisabeth halfpapp | miami beach, florida**

**aug 14-23 | erich schiffmann | venice, california**

for more information, call **310.921.7126** or email **info@exhalespa.com**.

**exhale**<sup>®</sup>

**exhalespa.com**

boston bridgehampton chicago dallas miami new york santa monica turks + caicos venice



# Open to Change

**Menopausal hormone shifts can rearrange your body and mind in unnerving ways. Let yoga bring you back into balance.**

**C**lients at Kay Lee's hair salon in Studio City, California, have gotten used to seeing its owner standing on her hands in a corner of the room. Lee, who's 51, has been practicing yoga since she was in her early 20s. But she began a more dedicated practice about six years ago, when she realized she needed help managing the symptoms of perimenopause. "I was around lots of older women at the salon, and we would all talk about the changes we were going through," she says. "Watching them go through their menopause, I realized I needed to find a good way to cope with it."

Like many other women, Lee suspected that menopause might bring unpleasant symptoms. But when, in her 40s, she began experiencing perimenopause—a constellation of premenopausal changes that often includes hot flashes, insomnia, anxiety, irregular periods, heavy bleeding, forgetfulness, and fatigue—she discovered that she was unprepared.

For Lee, the symptoms that hit hardest were irritability and mood swings. She'd grown accustomed to juggling midlife responsibilities: running her business and household, tending to her marriage, raising two children. But her emotions sometimes flared out of control

as she moved into perimenopause. The worst episodes occurred during her two-hour freeway commute from her home in Ojai, California, to the salon, and back again—a drive that grew more frustrating the deeper into perimenopause she got. "Road rage," she says ruefully. "I would have a lot of road rage."

Between the aggression, sleepless nights, and hot flashes, Lee decided she needed help. She knew women from the salon who were using hormone therapy, typically a combination of the female hormones estrogen and progesterone, but Lee wanted a more natural approach. She had taken classes sporadically in the past with Ojai yoga teacher Suza Francina, author of *Yoga and the Wisdom of Menopause*. Now that Lee needed help with the menopausal transition, she started going

Restorative poses, like Supta Baddha Konasana, help ease the transition.

## at rest in

**transition** Make restorative poses the core of your practice during the menopausal transition, says yoga teacher and author Suza Francina. "I call these the essential poses for crossing the menopausal bridge. They will carry you to the next phase of your life." Francina recommends staying in the first two poses for 10 minutes or longer, and the third for 5 minutes or longer.



**Supta Baddha Konasana** (Reclining Bound Angle Pose), supported

Sit on your mat in front of a bolster placed lengthwise behind you. Loop a strap behind your back at your sacrum. Bring it forward around your hips and over your shins, and secure it under your feet so that it encircles the lower part of your body. Place the soles of your feet together and put a folded blanket or block beneath each of your outer thighs. Lie back with your spine centered on the bolster and with your arms out to the sides, palms up.

**Setu Bandha Sarvangasana** (Bridge Pose), supported

Place a bolster or two folded blankets on your mat, and lie back over them so that they support your back rib cage but allow your upper back and shoulders to reach toward the floor. Place the soles of your feet together, cross your shins, or bend the knees and keep feet flat on the floor. More-experienced yogis can practice with the legs straight and the feet on a block. Let your arms rest out to the sides or stretch them overhead with elbows bent and palms facing up.



**Viparita Karani** (Legs-up-the-Wall Pose), supported

Place a bolster or two folded blankets about six inches away from the wall (the exact distance depends on your leg flexibility and comfort). Sit sideways on the bolster, with the side of your hip touching the wall. With the bolster under your bottom, lower yourself back and swivel around so that your torso is perpendicular to the wall and your legs are extended up it. Let your arms rest out to the sides, palms up. In the beginning, stay about 5 minutes, and gradually increase the time to 10 minutes or longer.

to Francina's classes two to three times a week. She also began taking breaks during her busy workday to spend at least a few minutes doing yoga.

### FOG-FREE ZONE

After several weeks of regular practice, Lee felt much better: Her moods stabilized, and her thinking became sharper. Even her PMS symptoms improved.

Longtime yogis, of course, know that the practice can bring benefits like calmness, mental clarity, strength, and focus to people of any age. But for women experiencing the physical, mental, and emo-

tional throes of the menopausal years, yoga's gifts are particularly welcome.

"Menopause is like going through puberty, only in reverse," Francina says. "By replenishing energy and soothing the nervous system, yoga goes to the root of a wide range of symptoms," she says.

Yoga teachers like Francina aren't the only people who think that yoga can help. Because hormone therapy can raise the risk of heart disease, stroke, blood clots, and breast cancer, medical researchers have been searching for gentler ways to ease women through the menopausal transition. Although the research is still

# Smile!

Rapid Relief, Rapid Healing  
for Cold Sores & Canker Sores



Natural  
Formulas

### Lip Clear Lysine+

- Cuts **Cold Sore** healing time in half
- Soothes, doesn't burn

### Canker Cover

- One patch heals most **Canker Sores** in 24 hours
- Stops pain fast

Available at most drug, food and health food stores.

CVS/pharmacy

RITE  
AID

Vitamin  
Shopper

Walgreens

call for your free trial sample  
800-448-1448  
CankerCover.com / LipClear.com

QUANTUM  
HEALTH



Before



After



## Feeling a bit off?™

The moment you feel achy or rundown, nip flu-like symptoms in the bud with Oscillo.® Get Oscillo. And feel yourself again.

## Nip it in the bud.™

**FDA regulated<sup>1</sup> • Supported by clinical trials • No side effects**

**Visit [oscillo.com](http://oscillo.com) for more info and a \$2 coupon.**

**BOIRON®**

<sup>1</sup> U.S. Food and Drug Administration. Sec 400.400 Conditions Under Which Homeopathic Drugs May Be Marketed (CPG7132.15) Available at: [www.fda.gov/ora/compliance/ref/cpg/cpgdrg/cpg400-400.html](http://www.fda.gov/ora/compliance/ref/cpg/cpgdrg/cpg400-400.html)

# Year-round practice for the price of a few classes.



**Jill Miller**  
Yoga Link Series



**Paul Grilley**  
Anatomy, Yin Yoga



**Gary Kraftsow**  
Viniyoga Therapy Series



**Sarah Powers**  
Insight Yoga



**Dharma Mitra**  
Maha Sadhana Series



Take home any of our in-depth DVDs and you'll be practicing all year round for just the price of a class or two!

Resolve to enliven and deepen your practice today. **Get 10% off** when ordering two or more DVDs!

**PRANAMAYA®**

[www.pranamaya.com](http://www.pranamaya.com)

**1-866-352-6768**

in its early stages, several studies have pointed to important ways that yoga can make a difference.

In 2005 Beth Cohen, an internist at both the University of California, San Francisco, and San Francisco VA Medical Center, studied the effects of yoga on hot flashes in a small pilot study of 14 women. The women in the study took part in a weekly 90-minute yoga class designed around eight restorative poses. They also practiced for one hour at home three days a week. After eight weeks, the frequency of the women's hot flashes decreased by 30 percent and their severity diminished by 34 percent. Cohen suspects that the results may be due to yoga's ability to calm the sympathetic nervous system, although she can't yet be certain, because researchers don't fully understand what causes hot flashes.

Cohen says that the study also revealed some unexpected findings, such as improved sleep among the participants. But since the study didn't include a control group, it's hard to say whether some of the response can't be chalked up to the placebo effect.

Last year, however, researchers in Bangalore, India, examined how yoga affected menopausal symptoms in a larger group of 120 women, this time with a comparison group. Half the women took yoga classes five days a week for an hour a day, while the others did supervised gentle exercise. After eight weeks, the yoga group had substantially fewer menopausal symptoms—hot flashes, memory problems, and sleep disturbances—as well as lower scores on a measure of perceived stress.

There's also evidence that yoga can do more than just ease bothersome symptoms. Kim Innes, assistant professor at the University of Virginia's Center for the Study of Complementary and Alternative Therapies, reviewed the medical literature about ways that yoga (and other mind-body practices, including tai chi) may affect the physiological and neuro-psychological processes that contribute to the increase in heart disease risk for postmenopausal women.

The hormonal changes that occur during menopause, particularly the sharp

drop in estrogen, can lead to numerous health changes that make women much more vulnerable to heart disease and other chronic conditions. For instance, menopause itself is associated with a rise in insulin resistance and other adverse changes, including high blood pressure. Insulin resistance is a precursor to diabetes, in which the body becomes less sensitive to insulin, in turn causing blood-sugar levels to rise. In addition the menopausal transition is associated with increased activation of the sympathetic nervous system and related deterioration in both mood and sleep. All of these factors are interrelated, and all raise the risk for heart disease.

Yoga, Innes says, has been shown to counter these risk factors. "I wasn't expecting to see such a widespread effect on so many parameters," she says. "But the more you look, the more you see that so many of these are related to stress. And the thing that's startling is how quickly these beneficial changes can occur, even over the course of six weeks or less."

## RESTORATIVES TO THE RESCUE

No single sequence will provide surefire relief for every woman, says Elise Browning Miller, an Iyengar Yoga teacher in Palo Alto, California, who teaches workshops on yoga for menopause. (*To learn more about Browning Miller and the phenomenal results she's had with yoga, see "Care Giver" on page 120.*) Browning Miller and other teachers agree on a few general principles for practicing during menopause.

Women who are experiencing a lot of emotional turmoil may find standing poses like Prasarita Padottanasana (Wide-Legged Standing Forward Bend) to be grounding and stabilizing, says Browning Miller. If heavy bleeding is a problem, inversions such as Salamba Sarvangasana (Supported Shoulderstand) can help reduce bleeding, she says.

For postmenopausal women who want to maintain strong bones and prevent the wrist fractures common among this group, Miller recommends practicing asanas that put weight on the hands and forearms. These include poses such as a supported version of Adho Mukha

# Learn The Language By Living It. Only With Rosetta Stone.



Arabic • Chinese (Mandarin) • Danish • Dutch • English (American) • English (British) • French  
German • Greek • Hebrew • Hindi • Indonesian • Italian • Irish • Japanese • Korean • Latin  
Pashto • Persian (Farsi) • Polish • Portuguese (Brazil) • Russian • Spanish (Latin America)  
Spanish (Spain) • Swahili • Swedish • Tagalog (Filipino) • Thai • Turkish • Vietnamese • Welsh

Rosetta Stone® brings you a complete language-learning solution, wherever you are: at home, in-the-car or on-the-go. You'll learn quickly and effectively, without translation or memorization. You'll discover our method, which keeps you excited to learn more and more.

- You'll experience **Dynamic Immersion**® as you match real-world images to words spoken by native speakers so you'll find yourself engaged and learn your second language like you learned your first.
- Our proprietary Speech Recognition Technology evaluates your speech and coaches you on more accurate pronunciation. You'll speak naturally.
- Only Rosetta Stone has **Adaptive Recall**™ that brings back material to help you where you need it most, for more effective progress.
- And Rosetta Stone includes **Audio Companion**™ so that you can take the Rosetta Stone experience anywhere you use a CD or MP3 player.

Innovative software. Immersive method. Complete mobility. It's the total solution. Get Rosetta Stone—**The Fastest Way to Learn a Language. Guaranteed.**™



**SAVE 10%!**

**100% GUARANTEED**  
SIX-MONTH MONEY-BACK

Level 1	Reg. \$259	<b>NOW \$233</b>
Level 1&2	Reg. \$419	<b>NOW \$377</b>
Level 1,2&3	Reg. \$549	<b>NOW \$494</b>

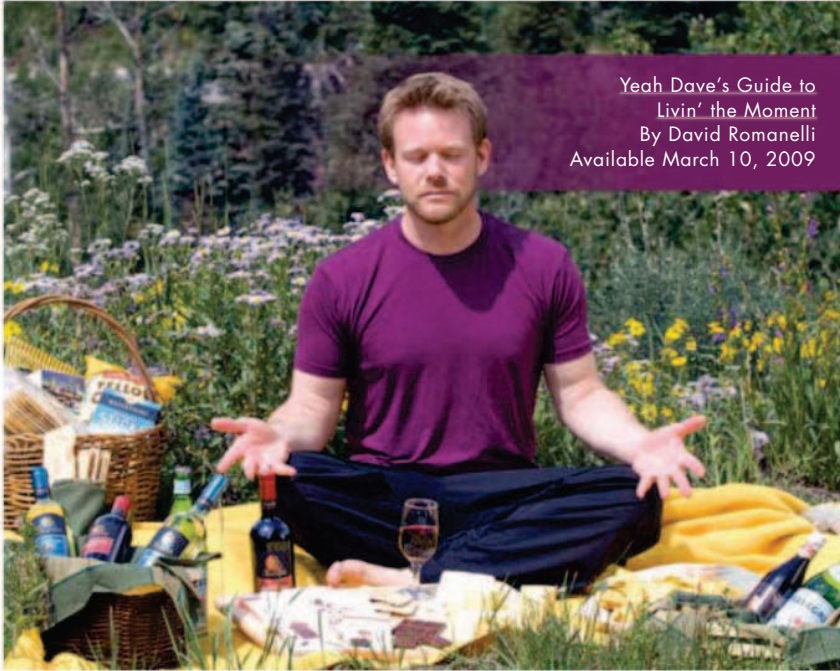
©2008 Rosetta Stone Ltd. All rights reserved. Offer applies to Personal Edition only. Patent rights pending. Offer cannot be combined with any other offer. Prices subject to change without notice. Six-Month Money-Back Guarantee is limited to product purchases made directly from Rosetta Stone and does not include return shipping. Guarantee does not apply to an online subscription or to Audio Companion purchased separately from the CD-ROM product. All materials included with the product at the time of purchase must be returned together and undamaged to be eligible for any exchange or refund.

Pick Up A Language Today!

Call **(877) 201-0115** | Online **RosettaStone.com/yos039**

To get this offer, use promotional code yos039 when ordering.  
Offer expires June 30, 2009.

**RosettaStone** 



Yeah Dave's Guide to  
Livin' the Moment  
By David Romanelli  
Available March 10, 2009



www.bepresent.com  
1.877.747.7202  
info@bepresent.com

Svavasana (Downward-Facing Dog Pose), using a strap around the elbows or putting the forearms on the floor. Resting the head on the floor or on a block during the pose can also help ease emotional upset.

But for many women during this time, restorative poses are the most crucial asanas of all. "When your body is going through changes, you need more rest," Francina says. "No aspect of yoga is more important during this time than to take time every day to practice at least one restorative pose. This is a time for a peaceful, deep approach, with plenty of props so you can enjoy staying in poses longer."

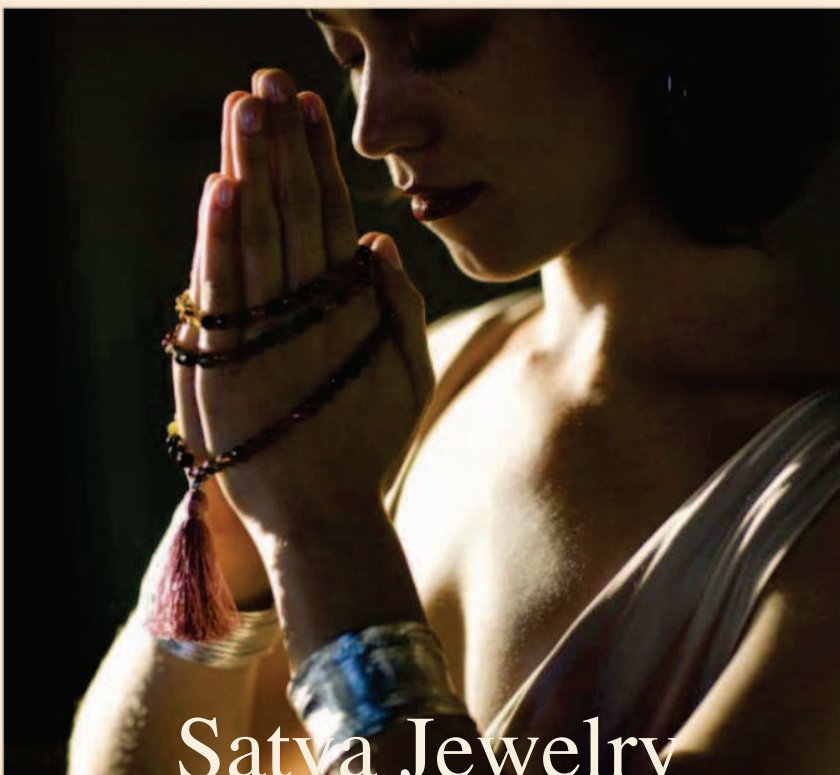
#### LIFE SUPPORT

As for how often to practice, the consensus is at least twice a week: "Enough that you let it spill into your life," Miller says. "There's something about twice a week that has a multiplicative effect."

Lee says that she can't imagine her life these days without yoga. She practices at the beginning or end of her day for at least 20 minutes, focusing on restorative poses. And she continues to attend classes at Francina's studio two or three days a week. The benefits go beyond the physical. Because her mother died at 52, Lee hasn't had an up-close role model to show her how to move gracefully into the next stage of her life. The women in her yoga classes, some of whom are in their 80s, have helped to fill that void. "Yoga gave me a support group of women who are my elders," Lee says. "When we practice together, I feel really supported."

At Lee's salon, she says, the topics of perimenopause and menopause come up all the time. When women come in for a haircut but wind up telling Lee that they're fatigued or having mood swings, she passes on yoga tips that might help them feel better. In addition to having her mat at the salon, she also keeps a block, a strap, and a bolster on hand. "I've shown so many clients Viparita Karani," she says. "They initially come for a beauty treatment. I try to remind them that beauty comes from inner balance and health." ■

*Katherine Griffin, a former editor at Yoga Journal, is a San Francisco Bay Area writer.*



Satya Jewelry  
jewelry with beauty & meaning

WWW.SATYAJEWELRY.COM



# The International Sivananda Yoga Vedanta Centre

## YOGA TEACHERS' TRAINING COURSE



An intensive four week immersion in the yogic way of life: Open to students of all levels who have a sincere desire to learn. Certificate given upon successful completion of the course. Recognized by Yoga Alliance. In depth study of: Asanas, Pranayama, Meditation, Mantras, Vedanta, Bhagavad Gita, Kriyas, Yogic Diet, Anatomy & Physiology

### DATES AND LOCATIONS 2009

#### NASSAU, BAHAMAS

Mar 5 - Apr 1  
Apr 5 - May 2

#### HIMALAYAS, INDIA

Apr 19 - May 17  
Jun 14 - Jul 12

#### WOODBOURNE, NY

May 31 - Jun 28  
Sep 11 - Oct 9

#### REITH, TYROL, AUSTRIA

Aug 1 - 29  
Sep 6 - Oct 3

#### NEYYAR DAM, SOUTH INDIA

Mar 15 - Apr 12  
Nov 15 - Dec 13

#### FINDHORN BAY, SCOTLAND

Apr 25 - May 24

#### ORLEANS, FRANCE

Jul 3 - Aug 1

#### TUSCANY, ITALY

Sep 5 - Oct 4

#### MADURAI, SOUTH INDIA

Mar 15 - Apr 12  
Dec 6 - Jan 3

#### GRASS VALLEY, CA

May 2 - 31  
Oct 3 - 31

#### QUEBEC, CANADA

Jul 5 - Aug 1  
Sep 6 - Oct 3



TRUE WORLD ORDER

1800 263-YOGA in Canada  
1800 783-YOGA or 1800 469-YOGA in USA  
1866 446-5934 in Bahamas  
HQ@sivananda.org  
www.sivananda.org



Swami Sivananda  
(1887 - 1963)



Swami Vishnudevananda  
(1927 - 1993)

# TENTH ANNIVERSARY MIDWEST YOGA CONFERENCE

*Beautiful Mind Beautiful Body*

**MAY 26 - 31, 2009**



DR. INDU ARORA  
JIM BENNITT  
RAMA BERCH  
ANNIE CARPENTER  
CORNELL COLBERT  
SEANE CORN  
LILIAS FOLAN  
ROLF GATES  
ROB GLICK  
PAUL GRILLEY  
SHAKTA KAUR  
QUINN KEARNEY  
JONNY KEST  
HILAIRE LOCKWOOD  
VINNIE MARINO  
WADE MORISSETTE  
MOSES  
TODD NORIAN  
DAVID ROMANELLI  
BEVERLY PRICE  
STEVE ROSS  
TAMI SCHNEIDER  
KIMBERLY SPREEN  
MAX STROM  
MARK WHITWELL

SPONSORS

I ♥ YOGA



conscious choice

CENTER FOR YOGA

YOGA Chicago

LIFETIME

www.lifetime.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

www.yogaworker.com

GOOD TO GREAT

JONNY KEST  
200 HOUR NATIONAL  
YOGA TEACHER TRAINING  
AT KRIPALU

*Save the Date*

JULY 17-31 & OCTOBER 16-23

visit [KRIPALU.ORG](http://KRIPALU.ORG) or [JONNYKEST.COM](http://JONNYKEST.COM)

[TEACHERTRAINING@CENTERFORYOGA.COM](mailto:TEACHERTRAINING@CENTERFORYOGA.COM)  
248.646.7054

[midwestyoga.com](http://midwestyoga.com) // 888.488.YOGA  
Register Today!

# Look Both Ways

See your inner and outer worlds as one with this open-eyed meditation.

**WHEN WE MEDITATE**, we often think of “going inside.” We close our eyes and focus our attention on some internal process occurring spontaneously, like our breathing, or performed deliberately, like the repetition of a mantra. The logical assumption—and an idea reinforced by our teachers—is that the object of our meditation, our authentic Self, is somewhere “inside” us. Accompanying this belief is the idea that the “outside” world, with its distracting hustle and bustle, is an obstacle to meditation. Patanjali outlines this classical view of meditation in the Yoga Sutra. For him, the material world was devoid of Self, and was ultimately a hindrance to Self-realization. The classical yogi is often compared to a tortoise retracting its limbs and head into its shell, as here in the Bhagavad Gita:

*Having drawn back all his senses from the objects of sense, as a tortoise draws back into its shell, that man is a man of firm wisdom.*

(Bhagavad Gita 2:40, translation by Stephen Mitchell)

But some yoga schools are founded on the belief in a divine Self that creates, sustains, and pervades the surrounding world and its inhabitants. In the words of the Tantric scholar Daniel Odier, the universe is an uninterrupted density of consciousness fulfilled by the Self. While the outside world is infinitely diverse, it’s unified



in that divine Self. “Inside” and “outside” are thus better understood as relative rather than absolute locations.

According to these schools of thought, if we exclude the outside world from our meditation, we figuratively cut the Self in half, and the best we can hope for is a partial Self-realization. “Going inside” is an important first step in establishing

what we think of as inner awareness. But then, from this center of awareness, the next step is to reach out and embrace the outer world as not different from what we think of as our inner Self.

### THE SEAL OF HAPPINESS

Most of the traditional hatha yoga books from the 14th to 19th centuries mention this kind of “bifocal” practice, which is commonly known as Shambhavi Mudra—the seal (*mudra*) that produces happiness (*shambhavi*). *Shambhu* (from which the word *shambhavi* is derived), or Shiva, then refers to the Self-realized state, which produces happiness. A mudra is thought to be like a sealing device with a raised surface, like a signet ring. In the same way the ring stamps an impression on a soft waxlike surface, so Shambhavi Mudra stamps, or seals, its divine imprint on the receptive consciousness of the meditator, who is transformed into an image of the Divine. Through some type of physical or mental technique, a mudra also seals, or closes off, a normally open energy channel, thereby sealing in and recirculating the body’s energy to intensify the meditative effort.

You might be familiar with hand seals (the *hasta* or *kara mudras*), which are simple configurations of the hands and fingers that are typically performed during pranayama or meditation. But there are two other categories of mudras: consciousness seals (*citta mudras*) and body seals (*kaya mudras*). Consciousness seals are detailed visualizations said to seal consciousness in certain areas of the body. Body seals are exercises that involve shaping or joining different body parts or organs, such as the lips, tongue, or belly; for example, the Crow Seal (*Kaki Mudra*) involves pursing the lips like a crow’s beak and sipping in air. It’s claimed that mudras can ward off disease, extend one’s life span, and if performed properly, lead to Self-realization. About two dozen mudras (including their close relatives, the *bandhas*, or locks) play a central role in traditional hatha yoga, though today the body and consciousness seals are mostly neglected or forgotten in the Western asana-centric practice.

## practicing the seal

Begin by imagining your body’s subtle energy channels, or *nadis*, which traditionally number in the tens or hundreds of thousands. They’re often compared to nerves or veins, but I think a more apt analogy is to think of them as ocean currents, flowing from a spot behind the bridge of the nose. This spot has enormous significance in yoga, and is known variously as the Wisdom Eye (*jnana chakrus*), the Command Wheel (*ajna chakra*), or as we’ll call it, Shiva’s Station (*Shiva sthana*).

For the first stage of the meditation, close your eyes, “go inside,” and for a few minutes slowly circulate your consciousness like a subtle fluid through these imaginary channels, until you sense it percolating in every cell of your body. Then, just as slowly, imagine drawing this fluid out of the channels and gathering it to a point in Shiva’s Station. Imagine that no fluid consciousness can leak out of this point.

The old texts don’t describe any preliminaries to stage 2, but I think it’s best to take a few baby steps before attempting full Shambhavi Mudra. Begin in a darkened room facing a blank wall. With your awareness fixed firmly in Shiva’s Station, the source of your fluid consciousness, open your eyes about halfway, steady them, try not to blink (half-closed eyes

Shambhavi Mudra, then, is an open-eyed meditation designed to integrate (or perhaps reintegrate) our inner and outer worlds. In the historic texts, the instructions for practicing Shiva’s Seal don’t extend beyond practicing the seal in meditation (*see instructions, above*). But if you truly want to embrace the outer world through meditation, it seems appropriate to bring the practice of Shiva’s Seal out into the world.

You might first try applying Shambhavi Mudra during your asana practice, equating whatever asana you’re working on with the outside world. Attempt to identify with that world in such a way that you no longer *do* but instead *become* that pose. Then you might be ready to bring shambhavi awareness into your daily life,

will help to still your blink reflex), and, to paraphrase the traditional instruction, “Look outside, but don’t see.” Of course, in a dark room staring at a blank wall, there’s not much to see anyway. What you’re doing here is twofold: You’re getting accustomed to meditating with open eyes, and you’re providing a situation in which your attention won’t be tempted to rush out into the world.

Once you’re comfortable with this practice, illuminate the room and continue to stare at the blank wall. Next, turn away from the wall and focus on a familiar but relatively featureless object, like a yoga block, positioned on the floor in front of you. Finally, as you become more comfortable with the practice, look “out” into your practice space.

What happens next, to paraphrase Patanjali, is that the physical and psychological grip of your limited individual body-mind relaxes. Your consciousness expands beyond its normally perceived boundaries to encounter what Patanjali calls the “endless,” the consciousness that pervades all space. At this stage of the meditation, I often experience a feeling of great openness and peace, as if “I” am still there, but there’s more to that “I” than I am usually aware of.

cautiously at first, maybe while walking down a quiet street or sitting in the park, gradually expanding the reach of your embrace. Eventually through Shambhavi Mudra, as Hindu scholar Mark Dyczkowski writes in his book *The Doctrine of Vibration*, the power of awareness “manifests itself on two levels simultaneously,” that is, individually and cosmically, so that these “two aspects are experienced together in the blissful realization that results from the union of the inner and outer states of absorption.” It is in this way that we are sealed and stamped with Shiva consciousness. ■

---

*Contributing editor Richard Rosen is the director of the Piedmont Yoga Studio in Oakland, California.*

# I Feel Great! Taking My PB 8<sup>®</sup> Acidophilus



Rich meals, fast food, preservatives, refined sugars, stress and prescription drugs can all affect your body's natural internal balance and digestion.

For over 20 years our award-winning PB 8<sup>®</sup> Probiotic Acidophilus has provided a proven, powerful combination of 8 types of beneficial bacteria that helps promote healthy digestion, inhibit growth of harmful bacteria and support healthy immune system functions.\*



*Try It Today & Feel Better!*

Exclusively at Health Food stores

Available In Vegetarian Approved Capsules.



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

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**basics**

utthita trikonasana

by Marla Apt



Stretch the arms away from each other

Broaden and lengthen the chest

Straighten both legs and keep quadriceps firm

Turn the front thigh and knee out

# The Right Angle

Learn proper alignment in this pose and lay a powerful foundation for your whole practice.

**UTTHITA TRIKONASANA** (Extended Triangle Pose) looks like its name. You can see several triangles in the pose: Your hands and back foot

are the points of one; your two feet are points of another; and your torso, arm, and front leg form the sides of yet another. And Triangle is one of the first poses yoga students learn. Ideally you feel firmness in your legs, a lengthening of your spine, fullness in your chest, and freedom in your neck and shoulders. Trikonasana also increases the flexibility and strength of your legs and lower joints (ankles, knees, and hips). If you have tight hamstrings, forward bends might aggravate lower-back pain, but Trikonasana provides a safe way to stretch the legs while extending the back sideways. It also teaches movements that will prepare you to practice inversions, twists, and backbends.

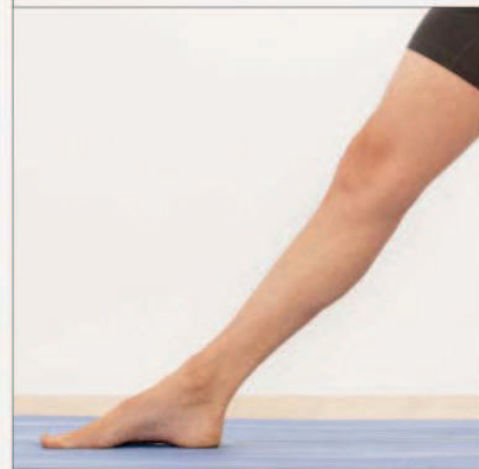
When I first attempted Triangle, I thought that if I could reach my hand to the floor, *voilà!* I was done. I was not yet aware that in reaching to the floor, I had sacrificed the alignment of other body parts. My knees drooped, my hips flew backward, and my shoulder slumped forward. I had yet to learn to use my muscles to support me so that I had a strong foundation from which to extend.

## BUILD A BASE

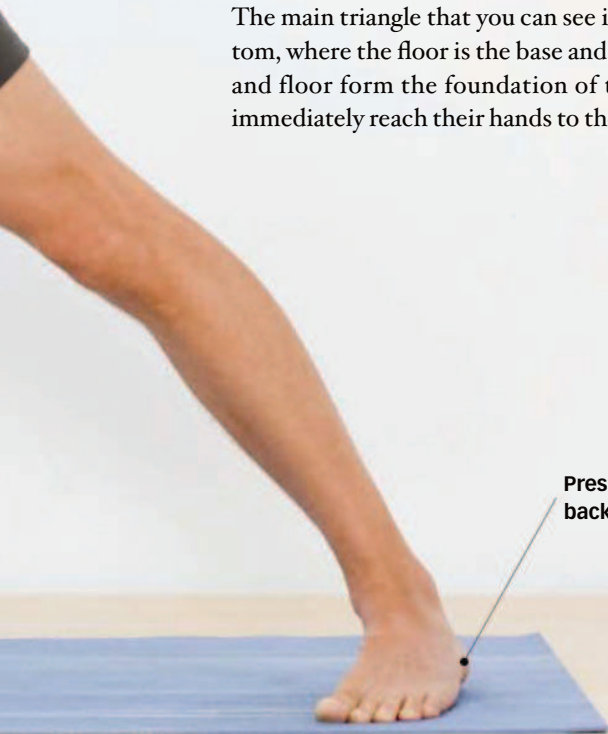
The main triangle that you can see in the pose is the one at the bottom, where the floor is the base and your legs are the sides. The feet and floor form the foundation of the structure. Beginners often immediately reach their hands to the floor, as I did, but sacrifice the



**DON'T** Let the front knee turn inward and drop.



**DO** Turn the front thigh outward.



Press the outer edge of the back heel into the floor



Figure 2 (variation of Trikonasana) is described on page 59.

## Pose Benefits

Increases flexibility and strength in the legs, ankles, knees, and hips

Stretches the hips, groins, hamstrings, and calves

Opens the shoulders and chest; extends the spine

Improves digestion

Relieves lower-back pain and stiff neck

## Contraindications

Knee pain

Neck problems

High blood pressure

Low blood pressure

Heart conditions

Your abdomen and sternum should extend toward your head. Your arms are straight and firm in this pose. Your bottom arm doesn't bear much weight, but it helps you extend. It should feel as though the arms are reaching apart from the center of the chest. Lengthen the bottom side of your rib cage to be as long as the upper side so that both are parallel with the floor.

When you roll your shoulders away from your ears and turn your chest toward the ceiling, you can turn your head to look at the uplifted hand. If your neck hurts, look forward instead and work on opening the chest by moving your back ribs and shoulder blades into the chest while rolling the shoulders back.

### WALLFLOWER

It's challenging to incorporate all of these nuances into the pose. So, to begin, practice at a wall (*see figure 1*), which will help you stay balanced and grounded in the back leg. Stand on your mat and spread your legs wide apart, with your arms stretched out to the side at shoulder height. See that your right foot is directly

stability of the foundation. Take time to create a firm, balanced, stable base.

Your bones form the frame of the pose, and your muscles help align the bones. B. K. S. Iyengar said that in Trikonasana you need to “entwine the muscles to the bone,” which means that the quadriceps, calves, and gluteal muscles must be actively engaged. When your muscles are firm, they “hug” the bones and support the

skeletal structure. Straightening the legs may not, at first, seem difficult, but the challenge lies in doing so without collapsing into the ankles, knees, or hips. You're collapsing if it feels as if most of your weight is on your front knee or shin.

Your upper body should feel as though it is lifting off your lower body. As you ground your back leg and heel, lift the front of your pelvis toward the ceiling.



# my practice. my fish oil.

## { my Nordic Naturals: EPA }

Purified fish oil is the preferred source of omega-3s.

Nordic Naturals EPA is a concentrated omega-3 fish oil, providing:

- Industry-leading purity & patented great taste
- Support for the body's natural anti-inflammatory response & enhanced cardiovascular function\*
- All the omega-3s you need in 2 soft gels



## sustainable fish oil



For information on our Norwegian fishing practices:  
Visit: [planetnordic.com](http://planetnordic.com)  
Contact: 800.662.2544 • [nordicnaturals.com](http://nordicnaturals.com)  
For current studies: [omega-research.com](http://omega-research.com)

**NORDIC  
NATURALS**   
*Pure and Great Tasting Omega Oils*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

under the right hand. Place the outer edge of your left heel against the wall. Turn the toes of the left foot slightly away from the wall so that only the outer edge of the heel touches the wall. Turn the right leg completely out so that the knee faces away from the wall.

Place your hands on your hips and lift the sides of the torso and chest up. Now raise the arms again, maintain the height of your torso, and stretch the arms out from the sides of the chest. From the feet, draw the thighs up toward the hip sockets. Balance the weight evenly between the inner and outer edges of the feet and align ankle, knee, and hip with the center of the foot so that as you engage your leg muscles, you feel as though one joint is lifted off the other in a single-file line.

Keeping your legs straight and firm, press the outer left heel into the wall and down into the floor while extending your torso over your right leg. When your trunk extends over your front leg in Triangle, you may find yourself putting too much weight on that leg. The weight should be

## angles of repose

In Tantric yoga philosophy, the *sri yantra* is the geometrical representation of the creation of the cosmos. A yantra is a symbol or picture with nine interlocking triangles surrounding a *bindu*, or point. The upward-facing triangles represent aspiration toward the transcendental, and the inverted triangles represent the source of energy and the root of life. When the two are connected, multiple triangles emerge, signifying the web of existence.

Yantras are often used as an aid to meditation, in which the practitioner visualizes the graphic image to steady the mind and make it run along a path of spiritual alignment. As an asana practitioner, you can try to embody the

distributed evenly on both legs. Press the heel into the wall to help maintain awareness of the back leg.

Clasp your ankle or shin with your right hand and place your left hand on your left hip. Now see if you can firm the

yantra in a pose like Trikonasana. Your body forms several triangles, and you seek the yantric ideal of straight, clean lines to access the union of material and spiritual impulses. The material impulse manifests as a concern for physical well-being and helps you to be cautious when practicing. The spiritual impulse spurs you on to courageously seek greater depth and intensity.

As you carve the many triangles with your body, you learn to balance the qualities of firmness and extension, stability and mobility, expansion and contraction. In the practices of visualizing the yantra and aligning yourself in the pose, the mind is brought to a state of meditation.

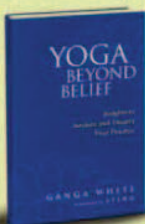
entire left leg and put power into the left heel. Take your right hand only as low as you can without losing the weight on the left outer heel. To come out of the pose, press the left heel down and use the left leg to help pull you up. Repeat

## White Lotus Yoga Trainings & Retreats Come to the Source

One of the finest and most established schools of Yogic thought and practice. Estab. 1967  
We invite you to exceptional programs at our beautiful, internationally renowned retreat.  
Receive comprehensive instruction and practice in all aspects of Yoga. We are known for our non-dogmatic approach which inspires freedom and contemporary insight.

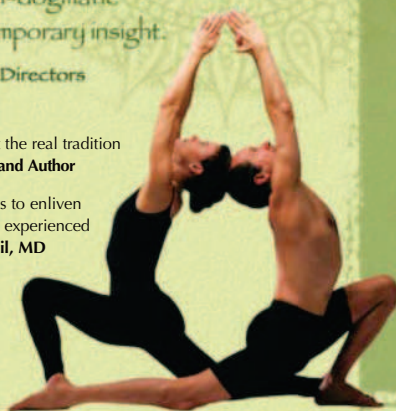
*Ganga White and Tracey Rich, Directors*

This is the clear voice of a modern yogi. Ganga is living proof that the real tradition of Yoga is still very much alive and well.—**Erich Schiffmann, Yogi and Author**



Practical, Inspiring and full of valuable insights to enliven and inform the practice of both beginning and experienced students. I recommend it highly.—**Andrew Weil, MD**

**Yoga Beyond Belief**, by Ganga White, foreword by **Sting**. Post Paid \$20



**Yoga Teacher Training** Mar, Jun, Aug, Oct  
with Ganga White and Tracey Rich.  
Our acclaimed residential certification program.

**Sacred Breath: Pranayama Retreat** Feb  
with Ganga White and Tracey Rich

**Therapeutic Yoga Training** Feb  
Weeklong certification in Yoga therapy for Yoga teachers and healthcare professionals with Cheri Clampett and Aurturo Peal. CEU's

**Yoga and Thai Massage Weekend** Apr  
with Phoebe Diftler

**Memorial and Labor Day Retreats**

**Deepening Your Practice** July  
Weeklong training and continuing education with Ganga and Tracey for experienced students and teachers. Evolve your practice and explore insights into advancing in yoga. Daily practice, pranayama, meditation, council, and philosophical inquiry.

**White Lotus Weekend** July  
An outstanding four day weekend of Yoga

**Thai Yoga Therapy Training** Nov  
Complement Yoga with this sacred system derived from Yoga, Ayurveda and Buddhist practices. Learn tools for teaching yoga, therapeutic massage, restorative Yoga, meditation and more. 9 day residential with Phoebe Diftler.



**WHITE LOTUS FOUNDATION**  
2500 San Marcos Pass Santa Barbara, CA 93105  
805 964-1944 [www.whitelotus.org](http://www.whitelotus.org)

the pose on the other side, with the right heel pressing against the wall.

#### HAND YOURSELF A PROP

Once you feel stable on the back leg, try the pose away from the wall, but place a block on the floor to the outside of your front ankle (see figure 2). Separate the feet as you did before and turn the legs to the right. Look at your right kneecap to see that it is facing over the middle toe of the right foot. Pull the right leg up from the ankle to the hip. The muscles of the thigh and around the outer hips should feel as though they are gripping the bones and turning the upper leg out, pulling the thigh up and into the hip socket. Keep the knee and hip in line with the heel.

See if you can maintain the firmness of the left leg and the pressure on the left outer heel as you exhale and extend to the right to take your right hand to the block. If your palm doesn't reach, place your fingertips on the block. Don't lean on the block, but push off it with the right hand to extend upward through the chest

and left arm. Keep both legs firm, extend your arms, come up on the inhalation, and move your block to the left to repeat on the other side.

Stability comes with the evenness in both feet; the strength, straightness, and rotation of the front leg; a strong upward lifting action of both legs; and a firmness of the back leg and heel. The result is freedom in the pelvis, abdomen, and chest to lift and turn toward the ceiling. Lengthen both sides of your torso over the right leg so that the right side of your rib cage feels as long as the left. Firm the muscles of the upper right arm to draw upward and feel the lifting of the chest and extension of the left arm to the ceiling. Extend your arms away from each other and broaden your chest.

#### ON YOUR OWN

Use what you have learned in the previous variations to determine how low to

take your hand. If you can't reach the floor but feel you can go lower than the block, clasp your ankle with your hand. If your chest and abdomen turn toward the floor, raise your hand higher. The chest should remain broad and open in the pose.

First-timers tend to lean slightly forward and push the right hip back so that they don't fall back. Take your right outer hip forward, bring your torso in line with your legs and hips, roll both shoulders back as if you had a wall behind you, and revolve your chest toward the ceiling. The back body should feel firm and stable, like a wall that supports the front body.

In Trikonasana, as in all asanas, you will learn to balance the dualities of courage and caution. As you form various triangles with your body, perhaps you will glimpse the connections between firmness and extension and creation and freedom. ■

*Marla Apt is a certified Iyengar Yoga teacher.*

#### Online Extra

To read more Basics columns, visit [YogaJournal.com](http://YogaJournal.com) and click on "Basics" in the navigation bar at the top.



## Healthy now comes in Coffee

Kikkoman PEARL® Soymilk is a healthy alternative as a beverage and cooking ingredient. Coffee, the latest addition to the PEARL Soymilk line, is made from organic coffee beans and joins a diverse and delicious line of flavors. Cholesterol free, low in fat, and 100% organic, Kikkoman PEARL Soymilk is a smart addition to any health-conscious home.



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

# Awaken Your Spirit

Body, Mind & Spirit

Sustainable Living

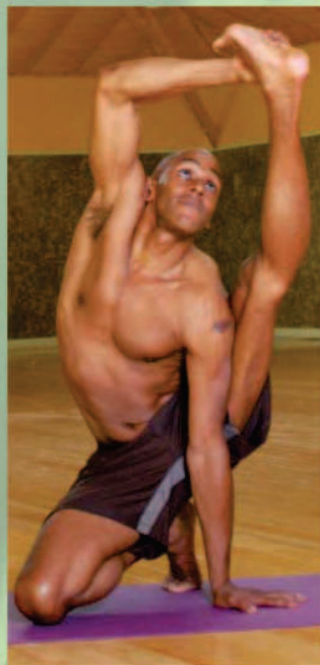
Relationships & Family

Health & Healing

Creativity & Play

Leadership & Community

Omega Institute is one of the nation's most trusted sources for yoga education. We offer more than 50 yoga programs with 75 top teachers, plus our Being Yoga conference, where you'll learn to live your yoga on our beautiful 195-acre campus in the heart of the Hudson Valley.



2009



# OMEGA

Rhinebeck, New York

visit us online at [e0mega.org](http://e0mega.org) or call 800.944.1001

# Play Leads the Way

Lift your heart and brighten your day with this backbending sequence.

**ANUSARA YOGA** teacher Sianna Sherman believes in the power of play, a concept that's known in yoga as *lila*. "Play can so easily be dismissed or even trivialized, as if there's no profundity. But the most profound truths often emerge when you feel free and playful," she says. Sherman contends that a playful approach not only builds self-awareness, but it also encourages you to accept your idiosyncrasies. "When you let play lead the way, you recognize that every situation in life is an opportunity for greater heart energy."

To tap into the playful side of asana, Sherman created the uplifting backbending sequence on the pages that follow. She starts the practice with standing hip openers to help establish the blueprint for the hips and legs in backbends. "Once you establish the basic form of your backbend, then you can practice a wide array of variations," she says. The basic form she refers to includes widening the inner thighs and pelvic bones as you root your tailbone down. These actions will keep your lower back spacious and prevent compression as you arch up and back.

As you move through the sequence, pause at the beginning of each pose to feel your breath and to settle into the foundation of the pose. Hold each pose for five breaths, moving your breath into your back body.

## before you begin

**OPEN TO GRACE** Sit comfortably, close your eyes, and set an intention.

**ALIGN YOUR SPINE** Do several rounds of Cat-Cow.

**SALUTE** Do 3 to 5 rounds of your favorite Sun Salutation.

## after you finish

**BOW** Sit in Vajrasana (Thunderbolt Pose) and bathe in your inner light. Take Balasana (Child's Pose) and make an offering from your heart.

**RECLINE** Do Supta Padangusthasana (Reclining Hand-to-Big-Toe Pose) on both legs.

**REST** Take Savasana (Corpse Pose), with hands over your heart for the first few breaths.

## home practice

### play leads the way

sequence by Sianna Sherman



#### 1 Adho Mukha Svanasana (Downward-Facing Dog Pose)

Come onto all fours, with your wrist creases parallel to the front of the mat. Claw the ground with your fingers so that the muscles on the underside of the forearm tone and lift. Breathe into your back, feeling it broaden with every inhalation. On an exhalation, release your heart toward the ground, softening between your shoulder blades without collapsing in your lower back or armpits. With strong arms and a soft heart, lift your hips and straighten your legs for 5 breaths.

#### 2 Eka Pada Adho Mukha Svanasana (One-Legged Downward-Facing Dog), variation

On an inhalation, lift your left leg toward the sky. Bend your left knee and turn your hips so that your kneecap points toward the left. Stay here for 5 breaths. Then straighten your leg again and rotate the thigh so that the kneecap faces the ground. On an exhalation, lower the foot to the floor and do the other side before returning to Downward-Facing Dog.

#### 3 Parsvakonasana (Side Angle Pose)

From Downward Dog, step or hop forward into Uttanasana (Standing Forward Bend), and inhale as you come up to Tadasana (Mountain Pose). From there stand sideways on your mat in a wide stance with your feet parallel. Turn your



right foot out and your left foot in. Bend your right knee and place your right arm on your thigh or bring the fingertips to the floor outside your right foot. Press the top of your left thighbone back and scoop the right buttock under, as you open your torso to the left. Extend your left arm alongside your ear and stay for 5 breaths. On an inhalation come up to standing, and then repeat on the other side.

#### 4 Virabhadrasana I (Warrior Pose I), variation

Return to your wide stance. Turn your right foot out and your left foot in until your pelvis squares toward the front foot. On an exhalation, slide the left hand down your back leg as you curl your torso into a backbend. Rest your left hand on your hamstring as you continue to bend back, extending the right arm alongside your ear. After 5 breaths, inhale and bring your torso upright. Exhale as you switch sides.

#### 5 Natarajasana (Lord of the Dance Pose), variation

From your wide stance, walk or jump your feet together and stand in Tadasana. Bend your left knee, bringing the heel in toward your left buttock. Take hold of the inside of your foot with your left hand and raise your right arm up alongside your ear. Square your hips toward the front of your mat, and on an exhalation, tip your torso slightly forward as you stretch the left leg back and up. Stay here for 5 breaths before releasing the left leg. Do both sides.

#### 6 Pigeon Pose

Come into Downward-Facing Dog. Bring the right knee forward between your hands, rotate it out to the side, and place the outer leg on the floor. Lower the left leg to the ground. Square your hips toward the front of your mat, and on an





3

inhalation, isometrically draw the knees toward each other. You'll feel your muscles engage. On an exhalation, fold forward and rest your forehead on the floor. After 5 deep breaths, inhale to come up and move through Downward Dog to the other side.

## 7 Eka Pada Rajakapotasana (One-Legged King Pigeon Pose), variation

Come back to Pigeon Pose, with the right leg forward. Bend the left knee, and take hold of the foot with your left hand, keeping the right hand on the floor or on your front thigh for leverage. If possible, spin your hand over the top of the foot so the fingers face forward. Lift the left side of your chest as you bend the left elbow to bring the foot in toward the outer left hip. If you can balance, rest your right hand on your right thigh. Stay for 5 breaths. Step back into Downward-Facing Dog before doing the second side.

## 8 Dhanurasana (Bow Pose)

Lie on your stomach. Bend both knees, flex your feet, and hold on to your outer ankles. Keeping the thighbones parallel to each other, press the ankles back and root your tailbone toward the floor. On a deep inhalation, lift your head, torso, and legs to come into Dhanurasana for 5 breaths.

## 9 Eka Hasta Ustrasana (One-Handed Camel Pose)

Kneel with your hands on your hips and lift through your chest. On an exhalation, curl into your upper back as you simultaneously lift your right arm alongside your ear and take your left hand to your left heel. Reach back as far as you comfortably can. Stay for 5 breaths. On an inhalation, bring your torso back to upright. Sit on your heels, then repeat this side before moving on to the second side.



4



5



6



7

cut out and save!



# Soulful Journey

*On retreat in Rwanda, yogis  
offer love & aid, but find they receive  
more than they could possibly give.*





BY SARAH POWERS & CHANDRA EASTON  
INTRODUCTION BY LAUREN LADOCEUR

**When yoga teachers** Chandra Easton and Sarah Powers led a group of yogis to Rwanda last May, the trip included all the traditional yoga retreat fare—twice-daily asana and meditation sessions, delicious food, lush surroundings. But it also gave the participants a chance to laugh and cry with Rwandan

women, feel the immeasurable pain of a country that has lived through genocide, and experience the hope of a people who truly embrace forgiveness.

The idea for the retreat sprouted from a small seed. One day, Powers and Easton were talking to each other about their desire to help women in need. They wanted to do something more hands-on than making a donation; they wanted to encourage others to help underprivileged women. Ideally, they wanted to create an experience that would enhance the lives of

both givers and receivers.

Together with two like-minded business people, Jo Ousterhout and Deepak Patel, they formed Metta Journeys (*mettajourneys.com*), a company that organizes trips combining yoga and philanthropy. For their inaugural trip to Rwanda, they teamed up with Women for Women International (*womenforwomen.org*), an organization that supports women in war-torn countries. While the trip offered some true tourism (such as a visit to the Virunga Volcanoes region to see the mountain gorillas), the emphasis was on connecting with the Rwandan people, specifically those involved with the nonprofit Women for Women International in Kigali, the Rwandan capital.

The nonprofit was founded by Zainab Salbi, an Iraqi woman who knows firsthand the insidious ways in which war not only kills people and flattens buildings, but also

**Journey from the Heart** (clockwise from top left): A view of a Rwandan neighborhood; trip leaders Sarah Powers and Chandra Easton; Metta Journey participants practice yoga at the Gorilla's Nest Lodge; Women for Women participant, Zawidiay Murekatete, and her baby; Ty, Sarah, and Imani Jade Powers surround their new sister, Immaculee Mukanyindo; photojournalist Alison Wright captures the journey.





PHOTOGRAPHY BY ALISON WRIGHT



destroys a community's social fabric and a woman's self-esteem. Its program (offered in Bosnia, Iraq, Afghanistan, and Sudan, among other countries) pairs women in war-torn regions with sponsoring "sisters" in other countries who write them letters—a sign of friendship and a reminder to those who feel abandoned by the world that someone does care. The sponsoring women also send \$27 per month (plus a \$30 enrollment fee) to support their sisters in a yearlong program that teaches them about personal and political rights and provides job training, emotional support, and basic necessities such as clean water, medicine, and food.

The trip participants were invited to the graduation ceremony for a group of Rwandan sisters, and they were able to meet their own sponsored sisters—a rare opportunity for Women for Women International participants.

Powers and Easton made yoga an integral part of the journey to help participants process what they would see and hear about the Rwandan genocide. "I wanted to create a vehicle where people could give to a community while integrating the experience through inner practices, which would ultimately increase their ability to be a support for other



**Skillful Means** (clockwise from left): Women learn skills like sewing during their year in the Women for Women program; a graduating group proudly displays their diplomas; participating sister Jeanne Mukagasagune making a basket; handmade crafts like these dolls (and Mukagasagune's baskets) are then sold at the Women for Women compound.



people," Powers says.

The yogis completed their journey feeling that they'd given something of value, and they each brought back memories that would forever change them. What follows is a personal travelogue, accompanied by images taken by the award-winning photojournalist Alison Wright, whose career has been dedicated to documenting the lives of women and endangered cultures around the world.

### sweet surrender

**CHANDRA** I'm five months pregnant, sitting in my room at the Serena Hotel in Kigali,

thinking about how fortunate I am to have this wonderful adventure before the birth of my second child. Sarah and I arrived here a few days early to teach yoga to employees of Women for Women International. Our aim is to give them ways to heal and replenish themselves so that they can continue to be of benefit to the women they work with.

**SARAH** Today I visit the Women for Women International compound. Teaching the WFW staff yoga and meditation under the canopy of a tree outside feels highly

unusual, and yet comfortable and familiar. The women treat me so sweetly, like a friend who has been away a long while. I am struck by how the Rwandan women don't seem to perceive me as a white woman, or even as a foreigner. It feels so easy to connect with them. Seeing the mixture of young and mature women splayed across the grass with silent serenity in Savasana brings tears to my eyes.

I notice the sincere warmth of the people in Kigali again and again. Unlike most cities in the world, where strangers do not often interact on the

street, I am surprised how often men and women openly make eye contact and smile as they go about their day. Unlike many other developing countries I have visited, no one is following me around trying to sell me something or demanding a handout. As a woman alone here for the first few days, it takes me awhile to recognize I do not have to hold a protective barrier or keep my eyes down to avoid being harrassed. As I wait outside the American Embassy, I encounter a number of different beautifully dressed women, and each one smiles at me and says, "Bonjour." Their radiant dignity makes me feel proud to be a woman.

**community connection**

**DAY 1 ITINERARY** Yoga and meditation, breakfast, Pentecostal church, Kigali city tour, orientation and introductions, group dinner.

*continued on page 98*



**Beautiful People** (clockwise from left): A view on the way to Volcanoes National Park; a Rwandan dance troupe performs; Easton dances with local women.



**Hope and Healing** (Left) Metta Journeys participant, Connie Beaudoin, bonds with her sister, Anastasie Niyonkru, and Niyonkru's grandchild. (Above) Young victims are memorialized at Kigali Memorial Center, Genocide Museum.



by dayna macy  
illustrations by chris silas neal

# *shelter* *from the* storm

In this time of economic turmoil,  
let your practice be a refuge and a tool  
for responding creatively to change.

*if* the current state of the economy has you feeling adrift,  
you're not alone. Between rising unemployment and the tumbling stock  
market, nearly everyone is feeling the effects of the downturn.  
For many, the troubles hit close to home—my own friends, family,

and neighbors are feeling the impact in ways ranging from a growing sense of uneasiness and insecurity to job losses and immediate financial concerns.

When times are tough, I look to my yoga practice for help. So, hoping to glean some practical, affirming advice on how to cope with the tightening economy, I sought out six yoga teachers known for their wisdom and pragmatism and asked them how yoga can keep us strong and flexible during these hard times. The good news is that they all agreed on one thing: In addition to calming and supporting you, your yoga practice might even allow you to see a time of difficulty as an opportunity for positive change. Here is their advice on how yoga can help right now.

#### **MAKE SPACE, THEN DECISIONS**

Tough economic times can bring up turbulent emotions, which are important to acknowledge before you act on them. “You should not make any major financial decisions in the midst of intense emotions,” says Brent Kessel, a longtime yogi and financial planner who co-founded Abacus, a sustainable-investment firm. “A better plan is to try to create some space and centeredness before making decisions.”

If you’re feeling fearful or unsettled about your finances, the first thing you should do is be present with those feelings, says Kessel, a *Yoga Journal* contributor and the author of *It’s Not About the Money*. “Many people have a worst-case scenario in the back of their minds that they run away from,” he says. “It’s healthier to acknowledge those feelings

What *meditation* gives you in  
*times of trouble*

is agility and the ability to respond to what is with

*clarity and calm.*

and confront your imagined scenario directly.” If you do, you’ll realize that even if the worst should happen, you will find a way to prevail. “You would cope; you would bring all your resourcefulness to that situation. You’d make a plan and deal with it,” he says.

Kessel advises that if you’re concerned you could be laid off, try to have six months of living expenses in liquid assets. Cut most, if not all, discretionary spending so that if you are laid off, you have some breathing room to find the job you want, rather than taking the first one that comes along.

Kessel also suggests that a time of economic crisis is exactly the right time to ask yourself if how you’ve been living is the way you really want to live—if your life, in pursuit of a certain standard of living, is authentic and true. “Don’t miss an opportunity to grow. When life presents you with a doorway, open the door and walk through,” Kessel says.

#### **STAND STRONG**

If you’re looking to your yoga practice to help soothe your nerves, the poses you do are less important than the energy and spirit you bring to them, says Scott Blossom, a yoga teacher and Ayurvedic practitioner in Berkeley, California. “This is a good time to bring a sense of generosity to your practice and do those poses that most nourish you,” he says.

For Blossom, this means bringing a grounding energy to your practice, particularly in standing poses. “Feel the four corners of your feet equally connected to the earth, keeping the center of the

feet relaxed,” he says. The simple act of standing helps you stay still in the face of fear and not run away. Standing poses like Tadasana (Mountain Pose) and the wide-legged posture called Horse Stance encourage a feeling of connection to the deeper support that is all around us, says Blossom. “This reminds us that there is a larger reality to the world than our egos can comprehend. None of us is alone.”

Blossom also suggests practicing poses that balance your tendencies in a crisis. If you tend to freeze in the face of conflict, try an energy-building practice or a series of difficult arm balances to create courage and movement. If stressful situations make it hard for you to slow down, a more calming, restorative practice will help you face what is. “If you can create deep peace, pleasure, and beauty in your practice, you don’t need the world to provide it,” Blossom says. “You are reminded that you already have what you need to get by.”

#### **SIT A BIT**

“The media is currently bombarding us with messages of fear,” says Carlos Pomedra, a meditation and yoga philosophy teacher in Austin, Texas. “Don’t base your state on these messages, but on something deeper and more solid within

*continued on page 106*







renewable  
energy

Invigorate  
your body & mind  
this spring  
with a simple  
3-day detox.

by Melanie Haiken

photography by Chris Andre





## clean sweep

Try a sequence that compresses, twists, relaxes, and creates space in the abdominal area for a deep detoxing experience.

instruction by Darshana Weill

**Imagine you're a flower.** It might sound funny, but just go with it. So you're this flower that's been quietly hibernating all winter long, waiting for the sun to come out and the temperature to rise so you can blossom again. The weird thing is that when the sunshine and spring conditions finally arrive, you're not growing—not an inch. In fact, you're drooping a bit and your head is low. It turns out that the groundwater you've been taking in through your roots is loaded with toxins, and now there's a buildup of some bad stuff in your stems. Though your body has a self-cleaning process, it's overloaded right now. What you need is a detox.

“Detoxification” means the removal of toxins from the body. Just like flowers, humans absorb toxins—preservatives, pesticides, stimulants, and heavy metals—through food, water, and air. Also, your own body produces toxins, called metabolic waste products, as a natural result of processes like digestion and respiration. Luckily, your digestive, endocrine, and circulatory systems come equipped with a complex set of mechanisms designed to eliminate these toxins through your mouth, eyes, skin, colon, urinary tract—even your breath. The trouble is that too much sugar, caffeine, and processed foods, little to no exercise, and stress can slow the body's natural detox function to a sluggish pace, says Peter Blumenauer, a yoga teacher, holistic chiropractor, and co-founder of Clear the Toxins, a detox program based in Jackson Hole, Wyoming.

The result is a buildup of toxins that can leave you fatigued and suffering from poor digestion, and that may even lead to disease. But, according to Mark Hyman, MD, a faculty and board member of the Institute for Functional Medicine in Gig Harbor, Washington, you can help boost your innate detox functions by practicing cleansing yoga sequences and following a simple plant-based diet during a multiday detox plan. “Pretty much everyone carries a huge load of petrochemical and industrial toxins,” Hyman says. “They come from plastics, pesticides, flame retardants, you name it. Then there are heavy metals and allergens from food or the environment, and internal toxins like bacteria, fungus, and yeast. Most people need to detoxify to get these things out of their systems in order to feel healthier.”

Some benefits of an occasional detox, Hyman has found, include having a lowered heart rate, clearer eyes and skin, better memory and concentration, and improved digestion. *continued on page 79*

Detoxing can bring up emotions as well as inspiration. Keep a journal next to your yoga mat and write down feelings, thoughts, or ideas that come up during your practice. Begin with a seated or supine meditation for at least five minutes to clear the mind. As you breathe, begin to relax and scan the body to see where you are holding tension, and invite it to let go. Feel what is happening as you relax; notice any shifts in the body and mind and allow them to lead you deeper.

When you feel ready to move your body, place your hands in Anjali Mudra (Salutation Seal) and set an intention for your practice, such as nourishing your whole being. Consider doing a few rounds of your favorite Sun Salutation. Since cleansing can make you feel less energetic at first, pay careful attention to your physical needs. If you do not want to do Sun Salutations, that's OK. Just go straight to the main sequence—or even to the final restorative poses. This practice can be done at least once a day throughout a detox.

**Set aside a long weekend or just slow down daily life and detox with this sequence and the simple menu plan on page 105.**

MODEL: STEPHANIE BERNSTEIN; STYLIST: ETHEL BRENNEN; HAIR/MAKEUP: TOKYO/WORKGROUP; TOP: FILA; PANTS: HARDTAIL FOREVER; WALLPAPER: JOCELYNWARNER.COM; RUG: PEACEINDUSTRY.COM



## high lunge

From Tadasana (Mountain Pose), step the right foot forward and

come into a lunge. Press back through the lifted back heel, and hug the muscles of your legs onto the bones. Raise your torso and arms overhead, and lift through your side body. Slightly bend your left knee and draw your tailbone toward the ground. Notice how this creates length in your lower back. Slowly straighten your back leg, keeping the tailbone long, and press out through the back heel. Take 5 breaths, and focus your attention on the internal organs, including the kidneys and adrenal glands, in the back of your body. Lower your hands to the ground and step back into Adho Mukha Svanasana (Downward-Facing Dog Pose). Repeat the pose on the other side.

## parsvottanasana intense side stretch

From Tadasana, step your left foot back about 3½ feet and rotate it out about 45 degrees. Keep both legs straight. Place your hands on your hips and extend up through the side body. On your next exhalation, fold forward over your front leg. Place your hands on the floor (or on blocks if needed) in line with your shoulders. Take 5 breaths, imagining that your internal organs are compressing and squeezing out toxins on each exhalation. As you release the pose and move into Downward Dog, visualize the toxins flushing out of the body. Repeat the pose on the other side.





### utkatasana, variation

Stand in Tadasana with your feet together and your hands on your hips. Lift through your side body. As you begin to bend both knees, keep in mind the idea of creating space in the abdomen. On an exhalation, bring your hands into Anjali Mudra and hook the right elbow to the outside of the left knee. With each inhalation, create space and length in the spine. Deepen the twist on the exhalation. The movement will be very subtle. Hold for 5 breaths and feel the sensations in your abdomen. To come out of the pose, release the twist and fold into Uttanasana (Standing Forward Bend). Rise up to Tadasana, and repeat on the right side.

## chair pose



### salabhasana

## locust pose

Lie on your belly with your arms at your sides, palms down, and chin on the floor. Inhale and lengthen from the top of your head to your toes. As you exhale, engage your core and press down through your pubic bone. On your next inhalation, lift your legs, arms, and head off the ground. Arms can be down by your sides. Hold for 5 breaths. Breathe deep into your belly to massage the organs. As you inhale, lift a bit more; as you exhale, relax into the pose and allow the sensations of the breath to bring you deeper into your experience.





*continued from page 76* Good health invites a calm, clear mind that is free of many of the habits that often lead to toxin buildup.

While there are many approaches to detoxing—including the asana and food guidelines presented on these pages—they aim for one simple thing: to help the body do what it’s already trying to do. “Your body is always getting rid of toxins,” Blumenauer says, “but you can aid that natural process by making detoxing a practice.” Then, like a flower, you can blossom again.

## royal flush

The major detox players in the body are the lymph, blood, liver, kidneys, colon, and parasympathetic nervous system, says Darshana Weill, a hatha yoga teacher, nutrition counselor, and founder of the Fruition Women’s Health Program in Santa Cruz, California. She designed the asana sequence on these pages and the food guidelines (see “*Fresh Bites*,” page 105), which help revitalize these organs and systems. Lymph and blood deliver metabolic waste products to the liver, kidneys, and digestive organs. There, those toxins and any others absorbed from the environment are filtered and packaged so they can be eliminated through urine, sweat, exhalation, and solid waste. Weill believes that an active parasympathetic nervous system supports these functions. If your body is compromised by an overload of toxins or fatigue, a buildup occurs in the organs of the abdominal cavity, the fat, and the blood.

A yoga sequence like the one suggested here can support the natural detoxification process by increasing circulation, compressing and twisting internal organs, and encouraging relaxation, says Weill. Inverted poses like Viparita Karani (Legs-up-the-Wall Pose) use gravity to stimulate lymph and blood circulation. “Inversions help to drain lymphatic and venous fluids from the legs and pelvis, and so enhance detoxification,” Blumenauer says. “Really, any muscular contraction will stimulate

## reclining twist pose

This pose removes tension in the abdominal region and, like all twists, creates a “squeeze and soak” action that yogis believe can improve the functioning of many internal organs. It also stimulates digestion and relieves gas and constipation.

Lie on your back. Draw your right knee into your chest and extend your left leg on the floor. Place your right foot on your left thigh just above the knee. Drop your right knee to the floor on the left side of your body. Open your right arm into a T position in line with your shoulder. Rest your left hand on the outside of your right knee. Turn your head to the right, bringing your gaze over the right shoulder. With each inhalation, lengthen up through the sides of your body, and with each exhalation, deepen the twist. Close your eyes and allow the power of the breath to release your right knee and your right shoulder toward the floor. Hold for 5 to 10 breaths. Release the pose and pause for a minute to take in the sensations. Repeat the pose on the left side.

lymphatic flow. Inversions also send new blood to the liver and kidneys, giving them a rush of energy that helps get them detoxing.”

Twisting poses, Weill says, are also thought to increase blood circulation, which is why she includes two in her sequence. In Iyengar Yoga theory, twists isolate and compress digestive organs to squeeze and soak them.

“The belief is that blood and impurities are squeezed from the tissues; then, fresh blood and nutrients are delivered to the organs to be soaked up,” says Blumenauer. “Twists dislodge particles throughout the colon and enhance organ health and digestion.”

That’s a good thing, since the digestive system is your body’s main method



for eliminating waste, Hyman says. “The liver has a very effective system for removing garbage from the body, so you want to help the liver along. Twists enhance digestion and boost the flushing ability of the liver and kidneys.”

Deep forward bends also promote good digestion by helping with elimination, says Weill. Although helping the digestive organs to move (or flush) toxins toward elimination is very important, so is stimulating the parasympathetic nervous system, which activates what’s known as the relaxation response. Restorative poses, such as Supta Baddha Konasana (Reclining Bound Angle Pose), are designed to do just that, Weill says.

The parasympathetic nervous system provides deep relaxation and counteracts the release of stress hormones like cortisol, which can slow down the detox process, says Blumenauer. He, Weill, and Hyman all agree that when

cortisol is not taxing the body, detoxification happens more effectively and with greater ease. “Once there’s a cortisol break,” Blumenauer says, “everything, all the toxins, look for a way out. The digestive, lymph, and circulatory systems can work efficiently again.”

## feed a detox

Another way to reduce cortisol during a detox, Weill says, is to avoid stimulants like caffeine, and also sugar and simple carbohydrates, since the body converts them into glucose, another form of sugar. When you consume a lot of caffeine, your body becomes less sensitive to its own stimulants, like cortisol. When the perk-me-up effects of caffeine end, a sudden “crash” is common, leaving you fatigued. The same thing happens after eating sugar. The subsequent drop in sugar levels is stressful on the body, causing it to release extra cortisol to help you bounce back. Consuming sugar and caffeine throughout the day, then, can lead to more cortisol circulating, slowing the natural detox process.

During your detox, Weill suggests sticking to a seasonal plant-based diet and replacing caffeine and sugar with more-nutritious whole foods. To avoid withdrawal headaches, begin eliminating stimulants gradually several days before your detox.

Taking your time to transition into the cleansing routine is important, Weill says. Ease your body and mind into the detox program—and out of it. “If you don’t take time to think about how you’re going to come out of your detox and what you’re going to take back into your life, it’s too easy to jump right back into old habits. It’s really about lightening up and giving yourself a fresh start.”

*continued on page 104*

## reclining bound angle pose

supta baddha  
konasana

After the twist, come up to a seated position, place the soles of your feet together, and allow your legs to open up into Bound Angle

Pose. Slide a folded blanket under each thigh for support. Lie down over a bolster to support the length of your spine. Place a blanket under your neck and an eye pillow on your eyes. Relax and stay in the pose for several minutes.



BLANKETS: YOGA PROPS SF; BOLSTER: HUGGER MUGGER



## viparita karani legs-up-the-wall pose

Place a bolster or a stack of folded blankets parallel to, and about 4 inches away from, a wall. Sit on the end of the support with your left hip close to the wall. Using your hands to support you, lean back onto the bolster and bring one leg up and then the other. Keep your buttocks close to the wall. If they've moved away from it, bend your knees, press your feet into the wall, and inch yourself closer. Ideally, the back of your pelvis and lower back will be on the support and your sitting bones and tailbone will descend toward the floor. (If you have tight hamstrings and a tight back, feel free to have your hips away from the wall on an angle.) Place an eye pillow over your eyes. Now completely let go. Place one hand on your heart and one hand on your belly, and settle into your body. Watch the rise and fall of your breath. Stay in the pose for several minutes.



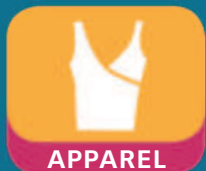
## savasana corpse pose

Lie down on your back. Place a blanket under your head to support your neck. You can also place a rolled blanket or bolster under your knees and blankets under your arms for more comfort. Cover your eyes with an eye pillow or even a folded T-shirt to help you relax more deeply. If you are cold, place a blanket over your body. Completely let go and relax, taking a longer Savasana than you might be used to—stay for at least 5 minutes and up to 20 minutes. When you've finished, take your time to slowly awaken the body, roll onto your right side into a fetal position, and pause for a few breaths before pressing your hands into the floor to come up to a seated position.

# Upgrade Your Practice

**MARKETPLACE:**  
Your one-stop shop  
for healthy living

Now you can find the hottest  
health & wellness products at  
[YogaJournal.com/MARKETPLACE](http://YogaJournal.com/MARKETPLACE)



APPAREL



MUSIC



DRINKS



DVDS



BABY/KIDS



MATS



FOOTWARE



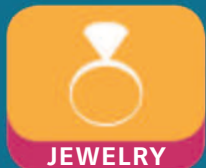
PETS



FOOD



GIFTS



JEWELRY

Enter  
To Win!

Go to  
[YogaJournal.com/  
MARKETPLACE](http://YogaJournal.com/MARKETPLACE)  
today and enter to win  
a trendy eco bag filled  
with fabulous gifts  
valued at over  
\$200.



Browse & shop with ease  
with our no-hassle guide  
—created just for you.

yoga  
JOURNAL

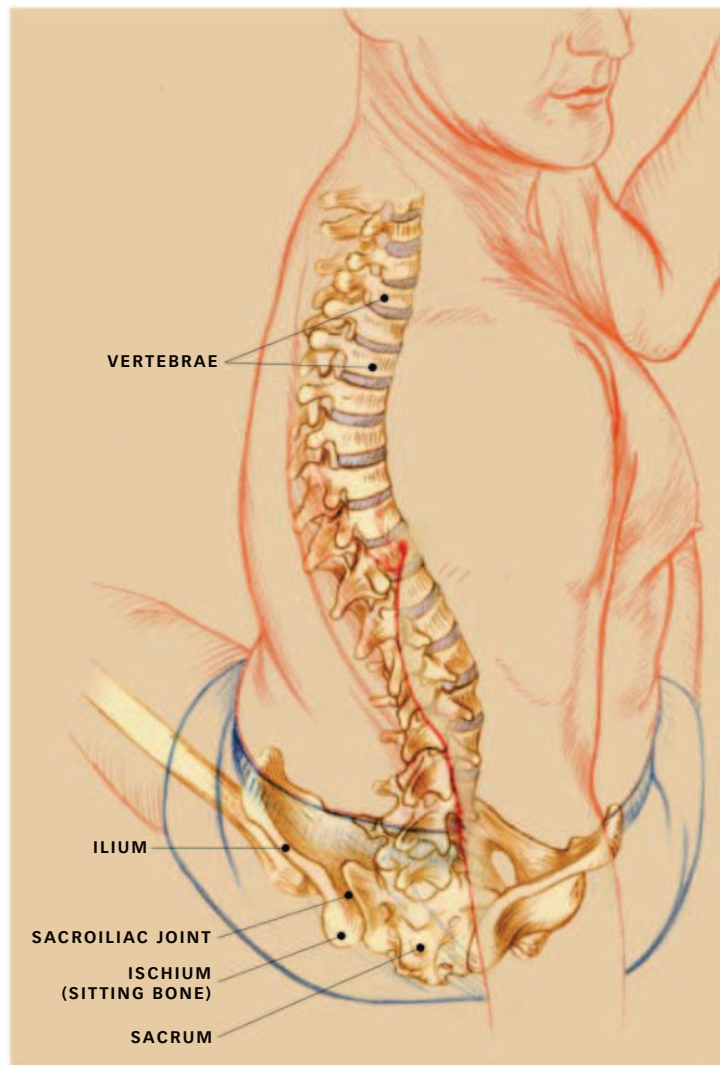


**THE PHILOSOPHER** René Descartes gave us the famous notion “I think, therefore I am.” He also gave us the far more practical but limiting concept of Cartesian coordinates, which lays a theoretical grid on the universe and describes everything in it as interlocking at right angles. Sometimes this rectangular mode of thinking creeps into the yogasphere, leading to declarations of absolutes about the “best” way to practice. One example of such group-think is the belief that when you do twists, you must always square your pelvis and preserve that alignment as you turn your trunk. Like Cartesian analysis, this way of looking at twists is useful but often limiting.

The truth is that twists are not one-size-fits-all poses. Like so many other things in yoga, no single prescription will suit every body. To find the optimal pelvic alignment for your body, first experiment with different approaches to see how they feel, and second, learn the mechanics behind twists and figure out what type of alignment is best for you.

Try this: Sit sideways on a sturdy armless chair, with the right side of your body closest to the chair back. Lift your chest, turn to hold the back of the chair with both hands and, exhaling softly, use your arms to twist as far to the right as you comfortably can. Don't deliberately move your pelvis, but if it moves by itself, don't stop it. Remain in the pose, noticing how far you've rotated your trunk and shoulders, and how the posture makes your back and sacrum feel. Now look at your knees. Most likely your left knee is ahead of your right, indicating that your pelvis naturally turned along with your twist.

Untwist and do the same posture again, but this time, take meticulous care to keep your knees even with each other and your



# Turning Point

**In twists, should you keep your pelvis pointing straight ahead or let it turn?**

pelvis exactly sideways on the chair seat. How does this version feel?

You might find that it's easier to twist if you let your pelvis turn. Or you might discover that your twist feels deeper and more satisfying if you keep your pelvis square. There's no one right technique for everyone, but a good general rule is that if you don't twist easily, or if you have

save  
the  
dates

## yoga JOURNAL CONFERENCE TOUR

### Grand Geneva Conference

March 26–29, 2009  
Grand Geneva  
Resort and Spa  
Lake Geneva, WI

### New York City Conference

May 15–18, 2009  
Hilton New York  
New York, NY

### 14th Annual Colorado Conference

September 20–27, 2009  
YMCA of the Rockies  
Estes Park, CO

### 7th Annual San Francisco Conference

January 28–31, 2010  
Hyatt Regency  
San Francisco, CA

800.561.9398  
YJEVENTS.COM

pain in your sacroiliac region (where the base of your spine meets your pelvis), you are probably better off turning your hips as you twist. If you twist easily and want to go deeper, a squared pelvis might be your ticket.

#### HIP TO BE SQUARE?

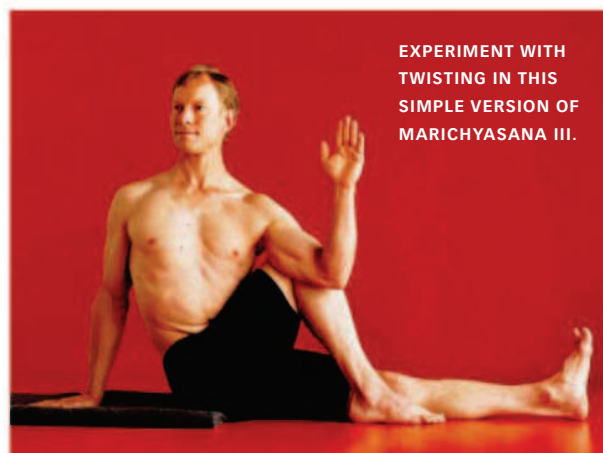
Twists keep your spinal joints, disks, ligaments, and muscles supple. They also massage your abdominal organs and free your breath by loosening the muscles of your abdomen and rib cage. The core action that makes all this possible is spinal rotation. To visualize how the spine turns, make two fists and then stack them. Imagine that each fist represents a vertebra. Hold the bottom fist still and flex the wrist of the top one. The top fist rotates on the bottom one, in much the same way that one vertebra rotates on another when you twist your spine. When you twist, each vertebra, from the bottom of your

**Turning your pelvis along with your twists is usually safer for your sacroiliac joints.**

spine to the top, turns a little in relation to the one below it, and the sum of all these small movements represents your total spinal rotation.

People often say that keeping the pelvis stable in a twist gives you more rotation in your spine. This is not always true. To understand why, do the same exercise as before with your fists, but this time, when you flex your top wrist, extend your bottom wrist at the same time. Both fists turn in the same direction, so there's little or no rotation of the top one relative to the bottom one.

Similarly, the base of your spine rests on your pelvis, so if you turn your pelvis and spine in the same direction when you twist, your whole spine will turn as a unit, and your vertebrae won't rotate as much on one another—at least at first. But your pelvis can turn only so far, and when it



stops, the base of your spine stops too. If you continue turning the rest of your spine, you can eventually achieve just as much vertebral rotation as if you had held your pelvis completely stationary from the beginning.

If both versions of the pose have the potential to rotate your spine equally, how can you determine the one that's right for you? For starters, consider how easy or challenging it is for you to twist.

If your spine does not twist easily and you choose to keep your pelvis stable in Marichyasana III (Marichi's Twist III), shown in the photo above, you'll have a tough time getting your shoulder far enough across your body to get your arm in the optimal position.

(Your trunk muscles alone cannot rotate your spine to its maximum potential. To twist fully, you need to bring your shoulders around far enough that you can press your arms against a solid object and find some leverage. For example, in Marichyasana III, you press your arm against the outside of your bent leg to help you turn.) But if you choose to turn your pelvis with the twist, your whole trunk will follow and your shoulder will come farther across, giving you a fighting chance of placing the arm on the outer leg.

The bottom line is that the way you move (or stabilize) your pelvis will affect the position of your shoulders at the end point of your twist—which will, in turn, affect your ability to lever yourself around. This is the main reason that yoga students who are less flexible often benefit from turning their pelvis along with

their twists. On the other hand, if you twist easily in Marichyasana III, turning your pelvis may bring your shoulder so far past your bent leg that you put your arm at a mechanical disadvantage, reducing its leverage. This is the main reason flexible students often get more spinal rotation when they keep their pelvis square.

#### ON THE SIDELINES

Another element to consider when you do your twists is the health and stability of your sacroiliac (SI) joints. The sacrum, which is the large triangular bone at the base of your spine, is wedged between the two ilium bones, which are the left and right “wings” of your upper pelvis. The contact surfaces between the sacrum and the ilium bones are known as the SI joints (there’s one on each side).

Yogis frequently suffer from a painful sacroiliac injury when one side of the upper sacrum shifts too far forward, pulling it away from the ilium and out of the joint on that side, which can occur in twists and forward bends. Twists can worsen this injury because they naturally rotate one side of your sacrum forward: When you twist to the right, you risk dislodging your sacrum from your ilium on the left, and vice versa. (You often won’t know that an SI joint has separated until *after* you practice and you feel a dull ache on the back of one side of your pelvis.)

If you rigidly keep your pelvis pointing straight ahead and twist forcefully, you exaggerate this risk. One way to avoid this problem is to consciously relax the muscles that surround your spine, waist, and rib cage while you twist, so your vertebrae turn more freely relative to one another and don’t transmit as much force to your sacrum. Another way is to let your pelvis turn while you twist.

Turning your pelvis along with your twists is usually safer for your SI joints than holding it square, for three reasons. First, when you begin a twist by rotating your pelvis, your torso turns farther. Because of this, your pose feels complete sooner, and you are less likely to push yourself beyond your capacity. Second, in poses like Marichyasana III, turning your pelvis makes it easier to reach your

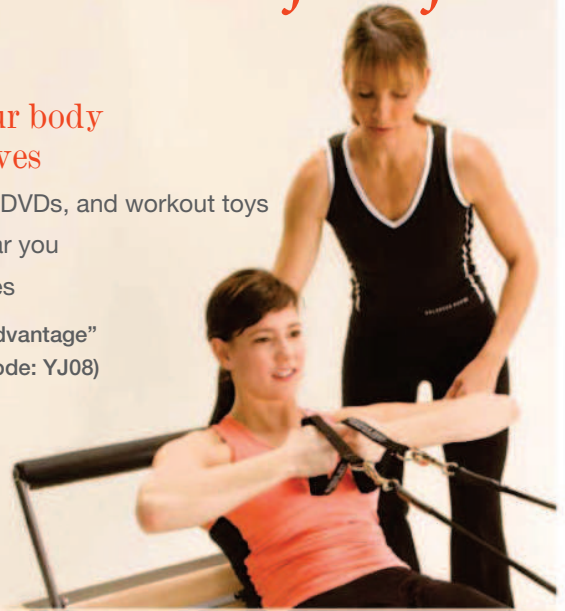
# pilates

## Movement for Life™

Transform how your body looks, feels and moves

- » Buy Pilates equipment, DVDs, and workout toys
- » Find Pilates classes near you
- » Learn more about Pilates

Call for your Free “Pilates Advantage” DVD and catalog (coupon code: YJ08)



BALANCED BODY® INC.

www.pilates.com | 1-800-PILATES (745-2837)



**Shakti**  
ACTIVEWEAR

e  
m  
p  
o  
w  
e  
r

originality

s  
t  
y  
l  
e

quality



shaktiactivewear.com

1-888-4-Shakti [474-2584]

arm across your bent leg, so you are less likely to slump your spine toward that leg in an effort to improve your arm position. Slumping is detrimental because it pulls the top of your sacrum forward.

Third, turning your pelvis along with a twist can help protect your SI joint because it allows your ilium to move forward in unison with your sacrum so that the two bones stay together, rather than separating. To maximize this SI-protecting effect, you should also “dog

tilt” one side of your pelvis as you twist; that is, when you twist to the right, tilt the top of the left ilium (pelvic rim) forward from the sitting bone. This will help the upper ilium follow the sacrum forward.

#### BY DEGREES

Try this exercise to help determine which twist works best for you. Sit either on the floor or on a stack of folded blankets, and straighten both legs in Dandasana (Staff Pose). Bend your right knee, placing your

right heel near your right sitting bone. Reposition your pelvis so that it forms a precise right angle with your straight leg. Press your right hand down on the floor behind you and hold the front of your right knee with your left palm as you tilt the top rim of your pelvis forward.

Exhaling, pull with your left arm to turn your trunk to the right, keeping the right knee stable and taking care not to turn your pelvis at all. Instead, relax your front and side belly muscles to soften the waist, and allow them to stretch freely as you turn first from your lower back and lower rib cage, then from your upper ribs and shoulders.

As you do this, be careful not to pull the left side of your sacrum forward. With each inhalation, lift your spine tall; with each exhalation, turn farther into the pose, always keeping your pelvis square. Cross your left arm to the outside of your right knee only if you turn so far that you need more leverage to turn effectively.

Now, without coming out of the pose, see what happens if you turn your pelvis bit by bit along with your twist. On your next exhalation, slide your right sitting bone backward a half inch along the floor without lifting it up, and twist deeper into the pose. As you turn your pelvis, press your left sitting bone down and put more weight on its front edge to tilt your left pelvic rim as far forward as you can. Stop your pelvis there, and on your next exhalation, turn your spine farther.

Repeat this sequence several times. Observe carefully at each stage to feel what degree of pelvic rotation, if any, puts the arms in the best position and helps you twist most deeply, while also keeping your spine tall and avoiding strain on your back and sacrum.

Once you’ve found your optimal degree of pelvic rotation in Marichyasana III, you can use a similar technique to find it in other twists. As you do, keep in mind that for the pelvis in twists, the right angle is not always a right angle. ■

*Roger Cole, PhD, is a certified Iyengar Yoga teacher and sleep research scientist in Del Mar, California. For his teaching schedule, visit [rogercoleyoga.com](http://rogercoleyoga.com).*

**toesox**<sup>TM</sup>  
A FOOT REVOLUTION  
*travel without a mat  
organic cotton  
non-slip sole  
studio rates available*

[www.toesox.com](http://www.toesox.com)  
1.877.4TOESOX  
(486.3769)

*Yoga teacher Kathryn Budig photographed by Jasper Johal*

# Protect yourself as you do your students Get Insured

Join **Benefits Plus** from *Yoga Journal*

Liability insurance and benefits to support teachers and studios in the business of yoga.

yoga  
JOURNAL  
**BenefitsPlus+**

RATES AS  
LOW AS  
**\$180 PER YEAR**

## SIGN UP NOW!

[YogaJournal.com/BenefitsPlus](http://YogaJournal.com/BenefitsPlus)  
or (800) 395-8075

## Membership Includes

Access to low-cost liability insurance for studios and teachers.

One year of *Yoga Journal* magazine.

Discounts on *Yoga Journal* conferences products, and listings

Health care programs with Amacore Group

### NEW BENEFIT

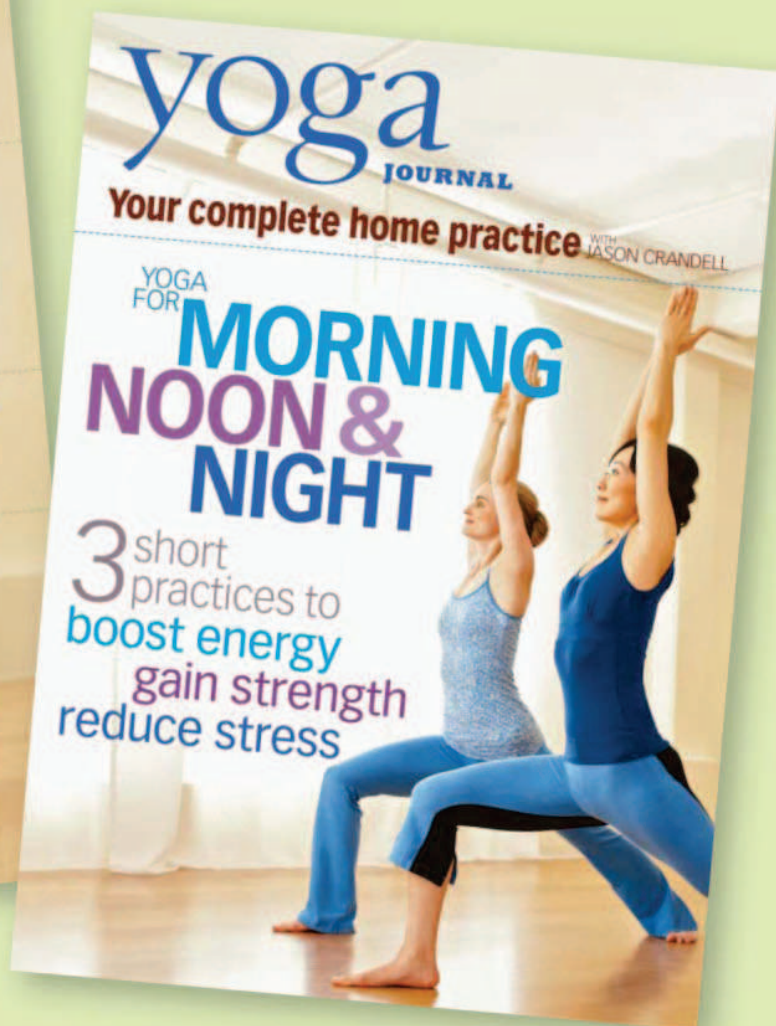
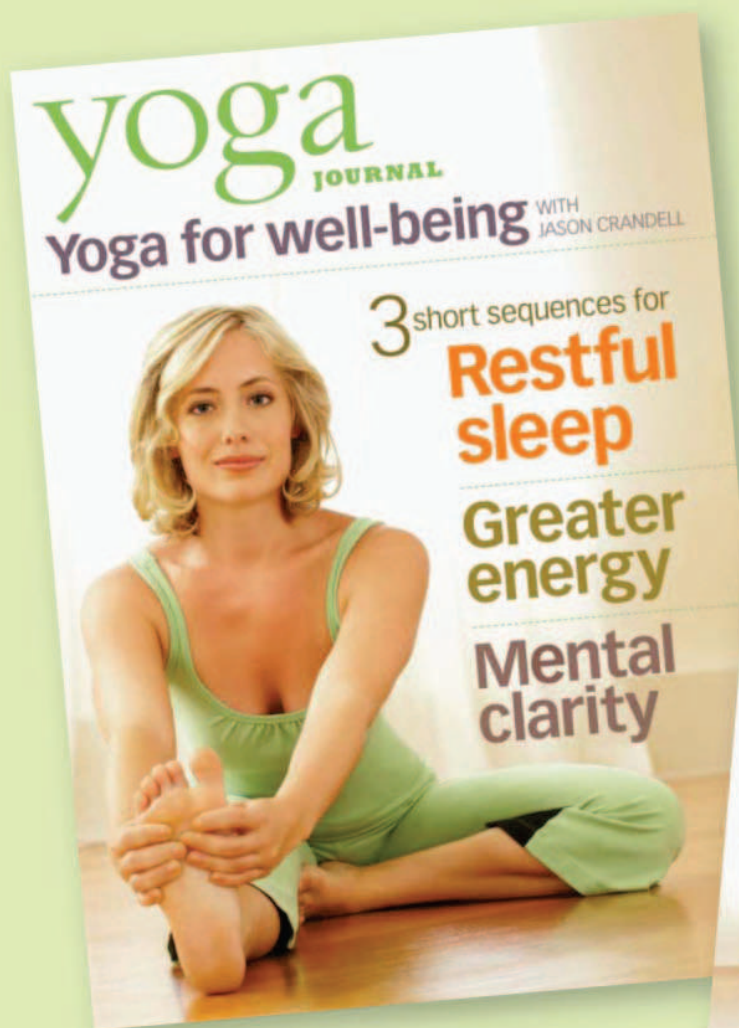
Save 15% on all Yoga Mat and Equipment purchases at Yoga Direct

### NEW BENEFIT

Maximize your protection with Individual Disability Insurance from Northwestern Mutual



Brought to you by the editors of *Yoga Journal*, these DVDs will **bring balance to your routine** and offer **healthy solutions** for meeting the challenges of your daily life.



Each DVD Includes 3 convenient 20-minute practices that can be used individually or combined for a longer practice.

To order visit [www.shopyj.com](http://www.shopyj.com)  
or call (800) I-DO-YOGA (436-9642)

# media

## Yoga Family Album

An intimate look into the lives  
of some of yoga's greatest masters.

BY LAUREN LADOCEUR

**THERE'S INDRA DEVI POSING** with her boyfriend around the time of the First World War. Then, T. K. V. Desikachar cuddling up with his granddaughter and a newspaper. B. K. S. Iyengar in sunglasses, trousers, and a crisp white shirt atop St. Peter's Basilica in 1966. Pattabhi Jois preparing flowers for his daily ritual in Mysore. And T. Krishnamacharya waiting for a train in Pune.

The images in the coffee-table book *Masters in Focus* offer a captivating and sweet behind-the-scenes look at the personal lives of some of modern yoga's greatest masters. Kausthub Desikachar—the son of T. K. V. Desikachar and the grandson of contemporary yoga's founding father, Krishnamacharya—compiled the photos as a tribute to his grandfather. And by mixing archival material with many of his own pictures, he has created a kind of intimate yoga family album.

Of course, Krishnamacharya had many students, but Kausthub pictures only these four, because, as he writes in his book, Iyengar, Devi, Jois, and T. K. V. were foremost among the master's protégés: "They stand out among



B. K. S. Iyengar, pictured here in Pune, India, is one of the teachers featured in *Masters in Focus*.

### PLAYLIST

Students practice to empty their minds and bodies of tension,



says Cyndi Lee of the OM Yoga Center in New York, and playing the right music can help by keeping the meditation moving. Singing along is

strongly encouraged and can help stimulate the breath, says Lee. Try doing standing poses when Santana plays. If you're looking to practice inversions, press Pause for silent concentration, and then crank the stereo back up with heart-opening covers by Rufus Wainwright and Shelby Lynne for your backbends.

KELLEY LUGEA

**SURYA NAMASKAR** by Drala

**CORRINA, CORRINA** by Bob Dylan

**TULONG** by The Beyman Bros.

**SAMBA PA TI** by Santana

**ACROSS THE UNIVERSE**  
by Rufus Wainwright

**THE LOOK OF LOVE**  
by Shelby Lynne

**CONCEPT 101** by Kodomo

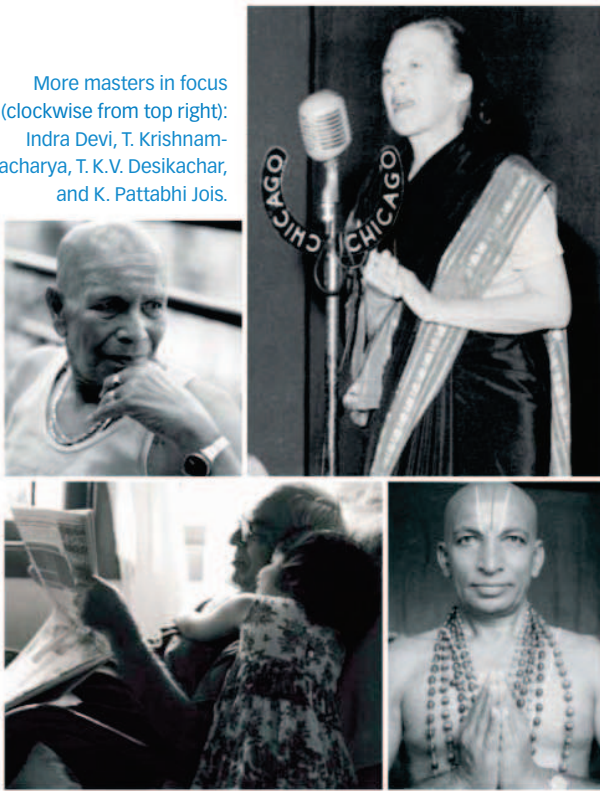
**DIAMOND IN YOUR MIND**  
by Tom Waits

**THEY SAY IT'S WONDERFUL**  
by John Coltrane

**KISS OF BLISS** by Steve Gorn  
and Jamie Lawrence

To download this playlist, go to [yogajournal.com/multimedia](http://yogajournal.com/multimedia).

More masters in focus (clockwise from top right): Indra Devi, T. Krishnamacharya, T. K.V. Desikachar, and K. Pattabhi Jois.



his many students, as they have not only consistently been carrying on the teachings for so many years, but also continue to honor their source deeply in their hearts. They are the first professional yoga teachers of our time, and phenomenal examples at that.”

Indeed, Devi taught all around the world until her death in 2002; Desikachar maintains the style known as Yoga in the Tradition of Krishnamacharya; Jois created Ashtanga Yoga; and Iyengar gave us the style of yoga that bears his name. They’ve all spent countless hours teaching yoga and have become familiar faces to many. But the dozens of pages of black-and-white and color photographs shot throughout the past century offer a glimpse of their private lives and their personalities off the mat. Except for an editor’s note and an index in the back indicating each image’s subject, time, place, and source, the book tells the behind-the-scenes story of Krishnamacharya’s lineage through pictures alone.

“A lot has been written about these masters and their work,” Kausthub says. “But little is known about how they live their private moments—how they enjoy the little things in life. Here are visual treats

to show the human side of these teachers.”

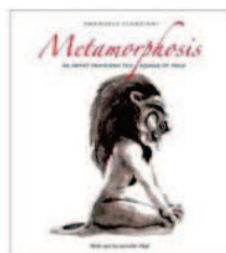
There are 2008 copies of the book, a tribute to the year 2008, which marked Iyengar’s 90th birthday, T. K.V.’s 70th, and what would have been Krishnamacharya’s 120th. (To purchase the book, contact [explore@khyf.net](mailto:explore@khyf.net) or visit [kausthub.com](http://kausthub.com).) Part of the proceeds go toward building Krishnamacharya Yoga Mandiram’s new yoga therapy center in Chennai, India, and creating an archive of these photographs and other materials managed by the Krishnamacharya Healing & Yoga Foundation.

In one way or another, Kausthub says, “All of these teachers have come together for this project. Though people have never seen them teach together, they’ll see many of them in the same platform here. This is especially true in some of the pictures that show how close they were as colleagues and friends. And though the whole yoga world admires and reveres them as great teachers, this book is a reminder that they are great humans.”

## book reviews

**METAMORPHOSIS: An Artist Envisions the Asanas of Yoga**, illustrations by Emanuele Scanziani, with text by Jennifer Abel. Tara Publishing; [tarabooks.com](http://tarabooks.com)

When children practice yoga, they are often taught to stand tall like a tree in Tree Pose, roar like a lion in Lion Pose, or blossom like a flower in Lotus Pose. This picture book encourages readers of all ages to think about the fun shapes of poses and the objects in nature that they mimic. Emanuele Scanziani’s pen-and-ink drawings and Jennifer Abel’s



short, poetic asana instructions provide inspiration and just enough information to be able to mold your spine into a turtle shell or channel the poise of a peacock. For example, a crouching crane is drawn with human legs for wings, tucked in and balanced on the bird’s arms. A simple sentence provides the pose’s only instruction: “In Bakasana [Crane Pose], the yogi envisions himself as a graceful and rounded waterfowl, extending his neck forward to graze among the reeds.”

The grace and spirit of each image are the focus here, making for a lighthearted and enjoyable practice, as empowering as it is spiritual. Come prepared with a healthy dose of imagination, and Scanziani’s drawings of humans morphing into plants and animals will provide the perfect springboard for shape-shifting your body, mind, and heart while transforming your practice into a playful meditation on the diversity of nature. ANNIE BUCKLEY

**BREATHING SPACE: Twelve Lessons for the Modern Woman**, by Katrina Repka and Alan Finger. Voice; [everywomansvoice.com](http://everywomansvoice.com)

In this memoir, author Katrina Repka chronicles the anxieties, opportunities, and frustrations of the New York working girl in a way that’s honest, engaging, sweet, and funny. She strikes the tone of a girlfriend who’s in the trenches with you. She is also quite skillful in using this writerly rapport to transmit the teachings she receives from Yogiraj Alan Finger, co-creator (with his father, Mani) of Ishta Yoga.

Finger is Repka’s mentor, friend, and former employer, and in her recounting, he comes off as a wise and jolly adviser, willing to wallow in the small stuff that Repka’s sweating every day. He listens compassionately to her and offers small pearls of wisdom, but mostly he points Repka toward the one tool she’ll always possess to transform her experience in any moment: the breath.

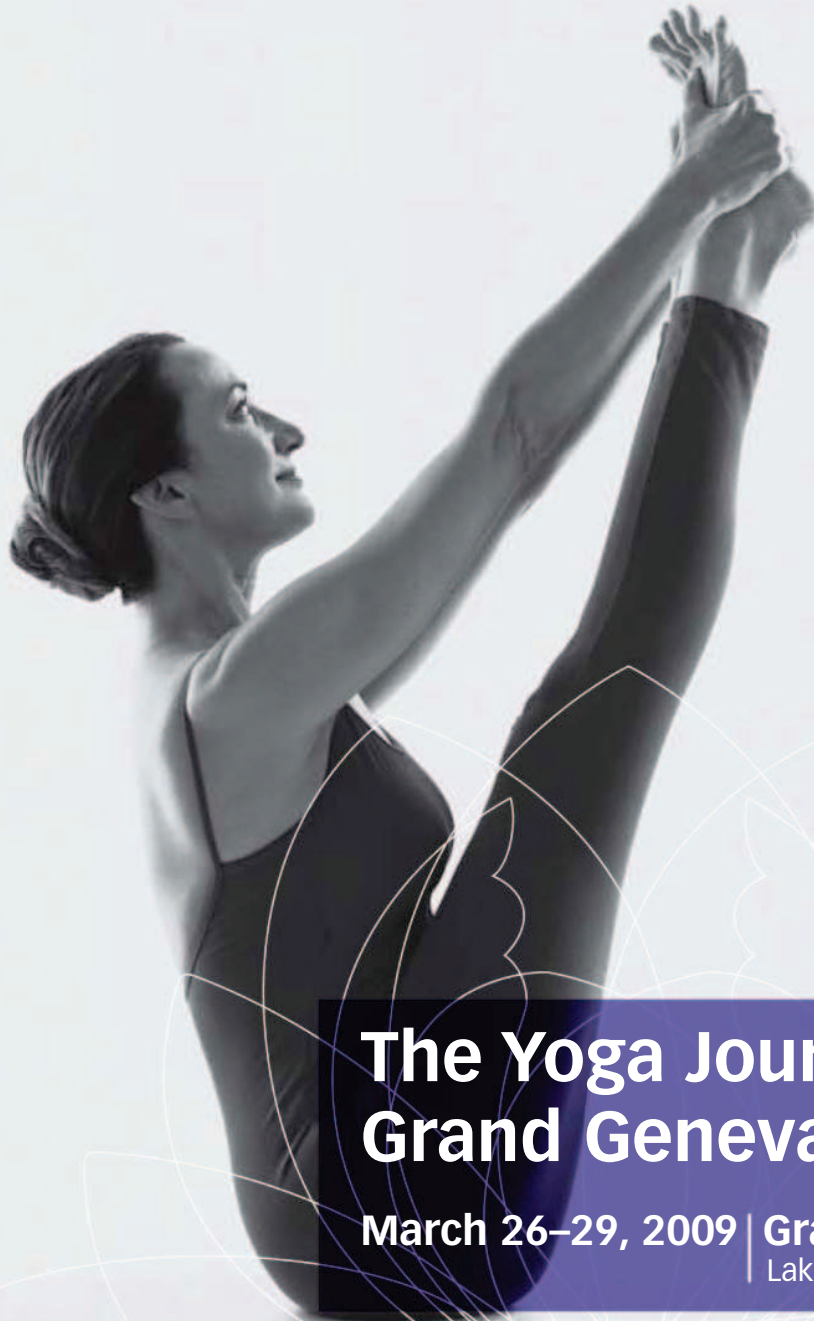
Each chapter of Repka’s personal narrative ends with a simple breathing exercise, expertly taught. These are practical



yoga  
JOURNAL  
CONFERENCE TOUR

800.561.9398 | YJEVENTS.COM

Jim Bennett  
Scott Blossom  
Manoj Chalam  
Edward Clark  
Elesa Commerce  
Seane Corn  
Jason Crandell  
Nicki Doane  
Richard Freeman  
Daren Friesen  
Julie Gudmestad  
Emily Large  
Cyndi Lee  
Tias Little  
Ian Lopatin  
Martin McDougall  
Dharma Mittra  
Eddie Modestini  
Wade Imre Morissette  
Steve Nakon  
Jason Nemer  
Aadil Palkhivala  
Natasha Rizopoulos  
Desirée Rumbaugh  
Matthew Sanford  
Jenny Sauer-Klein  
David Swenson  
Mary Taylor  
Paul Weitz  
Marsha Wenig  
Deborah Williamson  
Colleen Saidman Yee  
Rodney Yee  
Paulie Zink



# The Yoga Journal Grand Geneva Conference

March 26–29, 2009 | Grand Geneva Resort & Spa  
Lake Geneva, Wisconsin

4 DAYS | 35+ MASTER TEACHERS | 100+ CLASSES FOR YOGIS OF ALL LEVELS

INFINITE OPPORTUNITY FOR GROWTH

KEYNOTE SPEAKERS—DR. JAMES GORDON AND RODNEY YEE

GOLD  
SPONSORS



SILVER  
SPONSORS



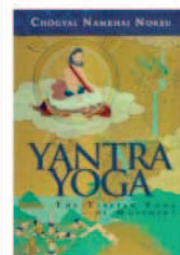
pranayama techniques that anyone can use to calm mind and body in the face of workday stresses and strains. Feeling too hurried? Try Fountain Breath. Mother driving you crazy? Do Equalizing Breath. Fighting with your boyfriend? Play with Unlocking the Heart Breath.

Presenting these exercises as a remedy for everyday agitations seems like a simple idea. But Repka and Finger are also making a larger point. For most of us, enlightenment will never come as a single moment of discovery experienced on a pristine mountaintop and ushered in with loud claps of thunder and blaring trumpets. Rather, it will be a series of small awakenings and realizations, experienced amid the messy business of day-to-day life. HILLARI DOWDLE

**YANTRA YOGA: The Tibetan Yoga of Movement**, by Chögyal Namkhai Norbu; translated by Adriano Clemente. Snow Lion Publications; snowlionpub.com

Most of what modern yogis know about hatha yoga comes from several ancient 15th-century texts. This book, however, presents an even earlier form of hatha, one based on an 8th-century Buddhist Tantric text called The Union of the Sun and Moon Yantra.

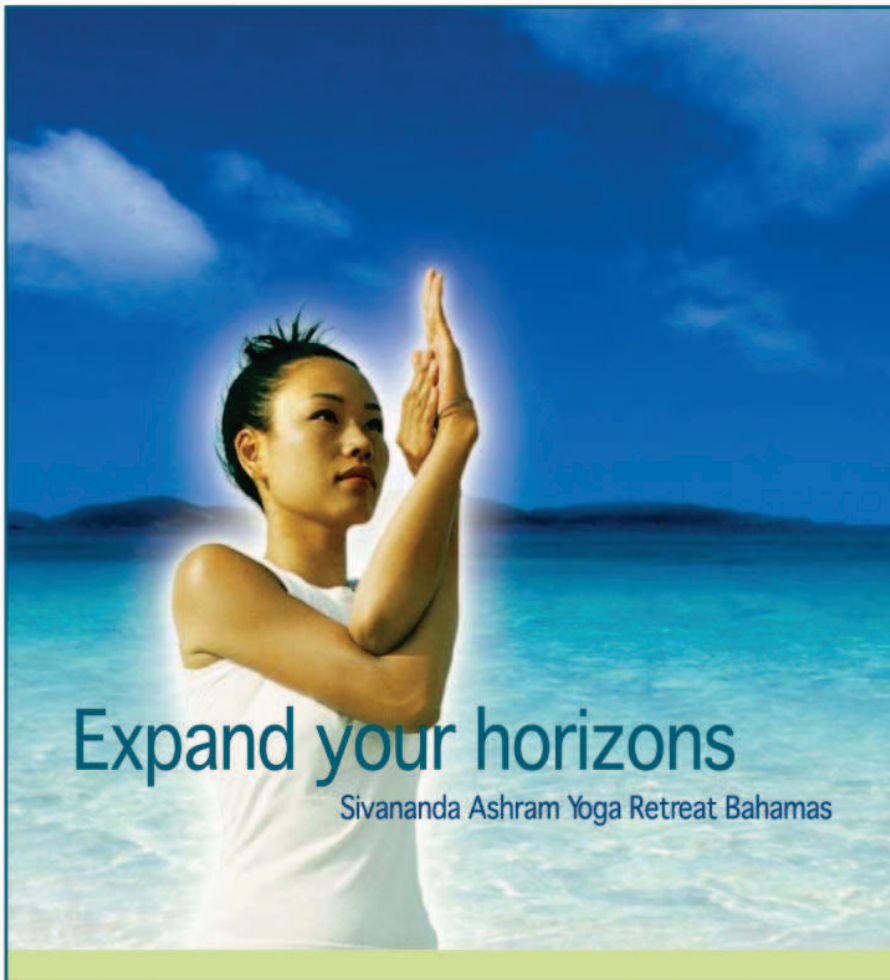
Yantra Yoga is a style of asana that leads practitioners through movements of the body that give rise to various postures.



These are accompanied by coordinated pranayama techniques and visualization of the *nadis* (energy channels) and *chakras* (energy centers). To clear up any confusion, there

are pictorial symbols called *yantras* in the Tantra tradition, but in this book, “Yantra Yoga” refers to a Buddhist practice more akin to hatha yoga.

The practice comprises 108 exercises, including preliminary purification movements and pranayama, followed by 75 main asanas that present many familiar postures. Because of its emphasis on the movements into and out of the various postures and on breath regulation, the practice is meditative, designed to help



# Expand your horizons

Sivananda Ashram Yoga Retreat Bahamas

Take a break. Come for a yoga vacation. Revitalize and rejuvenate. Dive deep within and find tranquility, balance and inner peace... Come to the Yoga Retreat on Paradise Island and enjoy a tropical haven, yoga, ayurveda, healing arts, yoga teachers training courses, chanting retreats, workshops, trainings, outstanding speakers.

Swami Dayananda Saraswati | Swami Swaroopananda | Alberto Villoldo | Allan Wallace | Krishna Das | Jai Uttal | Snatam Kaur | Roshi Bernie Glassman | John Douillard | Mukunda Stiles | Nischala Joy Devi | James Twyman | Swami Ramananda | Amy Weintraub | Russill Paul | Kabir Helminski | Karnamrita Dasi | G.S. Sachdev | Kam Thyé Chow | and many others...

Yoga Teachers' Training Courses: March 5 – April 1 • April 5 – May 2

1.866.446.5934 1.242.363.2902 [nassau@sivananda.org](mailto:nassau@sivananda.org)  
[www.sivanandabahamas.org](http://www.sivanandabahamas.org) ▶▶ Get a 2009 catalog.

# yoga has been known to cause health and happiness.

For over 30 years, Kripalu

Center for Yoga & Health has been changing lives by teaching skills for optimal living. More than 30,000 people a year attend our workshops, retreats, professional trainings, and health immersion programs led by the nation's most sought-after teachers. The result? Happier, healthier people who draw on the skills and knowledge they learn at Kripalu to thrive in the world. We call it the yoga of life.

## Kripalu

exploring the yoga of life.

**stockbridge,  
massachusetts**

**800.741.7353**

**[kripalu.org](http://kripalu.org)**



*Yoga is in everything I do as I move through my day—as I journal in the morning, as I drive my car, as I'm teaching, as I'm washing the dishes. There's yoga in how I interact with people, as well as how I treat myself. It's about being mindful, connecting with my breath, releasing stress, and being in tune with the spirit of life.*

—Abigail "Ifatola" Jefferson, age 48, adjunct professor, Rhode Island, coming to Kripalu since 1995

# yoga

JOURNAL  
CONFERENCE TOUR

800.561.9398 | YJEVENTS.COM



PHOTO CREDIT: DAVID MARTINEZ, MODEL: CATHERINE DE LOS SANTOS

## The Yoga Journal New York City Conference

May 15–18, 2009 | Hilton New York

4+ DAYS | 35+ MASTER TEACHERS

100+ CLASSES FOR YOGIS OF ALL LEVELS | INFINITE OPPORTUNITY FOR GROWTH

FRIDAY NIGHT CONCERT BY KRISHNA DAS

KEYNOTE SPEAKERS—ROBERT THURMAN AND DR. CHRISTINE NORTHRUP

Roger Cole  
Seane Corn  
Jason Crandell  
Nicki Doane  
Lilias Folan  
Bo Forbes  
Ana Forrest  
Sharon Gannon  
Alanna Kaivalya  
Leslie Kaminoff  
Gurmukh Kaur Khalsa  
Brent Kessel  
Gary Kraftsow  
Judith Hanson Lasater  
Cyndi Lee  
David Life  
Charles Matkin  
Lisa Matkin  
Dharma Mittra  
Eddie Modestini  
David Nichtern  
Aadil Palkhivala  
Sarah Powers  
Shiva Rea  
Natasha Rizopoulos  
Desirée Rumbaugh  
John Schumacher  
Graham Schweig  
Beth Shaw  
David Swenson  
Patricia Walden  
Marsha Wenig  
Colleen Saidman Yee  
Rodney Yee

GOLD  
SPONSORS



GAIAM



SILVER  
SPONSORS



you discover your authentic nature. Chögyal Namkhai Norbu, the founder of the International Dzogchen Community, was the first to bring Yantra Yoga to the West in 1971. His detailed commentary clearly elucidates the terse and obscure text, and the many drawings are a great help in deciphering the instructions that even translator Adriano Clemente admits are best passed down by a live teacher.

FRANK JUDE BOCCIO

## music reviews

**THE IVY CEILING**, by Lokah. Lokah Music, lokahmusic.com

Like the ever-diversifying schools of asana, *kirtan* has become a family tree with numerous branches. The group Lokah—led by vocalists Sri Michael Shlofmitz and Uma Nanda Saraswati—hangs from the electronica branch, with Sanskrit mantras set to beat-driven and elaborately layered arrangements that would be equally suitable for yoga class soundtracks or for getting your groove on the dance floor. Lokah’s synthesizer-heavy songs incorporate eclectic stylings—electronica, funk, Eastern rhythms and tones, Britpop, and goth rock.

The track “Sabmila Bolo,” with a spiraling refrain entwined with jazz pizzicato accents and a righteous bass line, is infectious, and the central lick of “Lokah” (featuring the mantras *Lokah samastha sukbinno bhavanthu* and *Asato ma sat gamaya*) has the sort of anthemic, stadium-rock sound you’d expect from a band like Oasis.

The band gathered several musical superstar yogis to make cameos on the CD—Russell Simmons does an inspiring spoken-word intro riffing on the connection between yoga, art, and activism; Sting’s sexy smooth vocals introduce the song “Ma Durga”; and Sky Cries Mary band members Anisa Romero and Roderrick Romero perform backing vocals on most tracks. These funky, uplifting, and beautifully rendered interpretations of ancient mantras just might add another dimension to the experience of listening

to devotional singing, planting powerful seeds in venues and minds outside the yoga studio. JEREMY LEHRER

**ELEPHANT POWER**, by MC Yogi. White Swan Records; whiteswanrecords.com

Who knew the colorful tales of Hindu mythology would lend themselves well to the rap idiom? On this album, “Son of Shiva” tells the story of how the deity Ganesha got his elephant head—“truly a head only a mother could love,” MC Yogi jokes. “Be the Change” pays homage to Mahatma Gandhi; it’s refreshing to hear the cadences of hip-hop marshaled to encourage nonviolence.

MC Yogi busts all the right moves for all the right reasons on this captivating disc, making him a welcome addition to the growing worldwide kirtan posse. Also known as Nicholas Giacomini, MC Yogi is a rapper, artist, and San Francisco Bay Area yoga instructor who came of age during the early ’80s hip-hop explosion that brought acts like the Beastie Boys and Run DMC to pop-culture prominence. He was 18 when he discovered yoga, spirituality, and kirtan. Here, he combines all his various influences in an engaging way.

Giacomini’s beats are urban but subdued, skillfully married to sitar drones and other flavors from yoga’s Indian roots. The album’s guest kirtan singers, Krishna Das, Jai Uttal, Bhagavan Das, and Jivamukti Yoga co-founder Sharon Gannon, provide melodic counterpoint to MC Yogi’s rhymes. His lyrical flow is supple, playful, and, at times, socially conscious. ALAN DI PERNA

**MAHA MOHA: The Great Delusion**, by Wade Imre Morissette. Nutone; nutonemusic.com

The third album by musician and yoga instructor Wade Imre Morissette moves away from the singer-songwriter direction of his earlier releases. *Maha Moha*, more hypnotic and rhythmic than Morissette’s previous recordings, merges the meditative drone of Indian music with trancey,



# get healthy in just 5 days. we mean it.

Experience improved health and increased energy as you participate in workshops, health talks, outdoor activities, cooking classes, and one-on-one consultations, all with expert faculty, including doctors, nutritionists, and life coaches. You’ll also dine on nourishing all-natural meals and reduce stress in yoga classes. We’ve helped thousands of people get healthier—and happier. We can help you, too. All it takes is 5 days.

## kripalu healthy living programs

**Integrative Weight Loss** March 15–20

**Fitness and Yoga Retreat** March 22–27

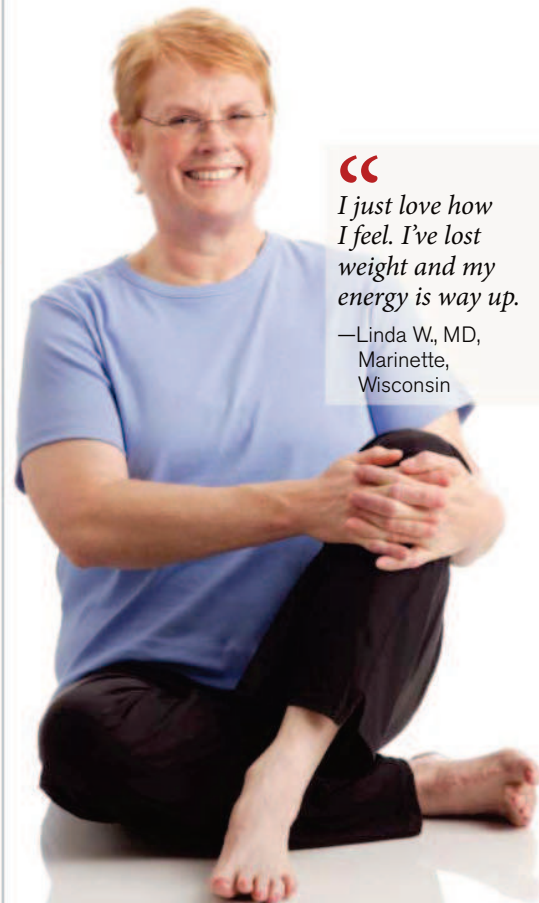
**Food as Medicine** March 22–27

**Yoga for Health** March 29–April 3

**Nutrition and Cooking Immersion** April 5–10

more dates online.

find out more ➔ [kripalu.org/healthyliving](http://kripalu.org/healthyliving)



“ I just love how I feel. I’ve lost weight and my energy is way up.”

—Linda W., MD, Marinette, Wisconsin

Kripalu | exploring the yoga of life.

Stockbridge, Massachusetts [kripalu.org](http://kripalu.org)

# ana brett ravi singh

3 AMAZING NEW DVDS!

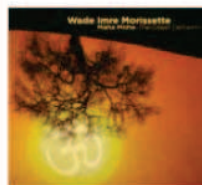
Yoga for Beginners  
& Beyond  
Stretch, Strengthen,  
& De-Stress

Kundalini Yoga  
Cardio, Stretch,  
& Strengthen

Kundalini Yoga for  
Energy  
& Super Radiance

available exclusively at [amazon.com](http://amazon.com)

tribal grooves that evoke both Africa and the Mississippi Delta. Morissette is



accompanied on this journey by some of the foremost players and singers in world devotional music, including sarod ace

Wynne Paris, bansuri flutist Steve Gorn, chant master Krishna Das, and producer-guitarist David Nichtern, whose graceful slide guitar creates much of the aforementioned Delta vibe.

In the past, there's been a slight tension between Morissette's singer-songwriter leanings and the traditional Sanskrit mantras he sets to music, as if he felt a need to explain the mantras in English. On *Maha Moba*, however, he seems content to let the mantras speak for themselves. A.D.

## video reviews

**Element:** AM & PM Yoga for Beginners, with Elena Brower. Anchor Bay Entertainment; [anchorbayent.com/fitness](http://anchorbayent.com/fitness)

Using different yoga sequences for morning and evening is based on the reasonable assumption that we need different types of asana practices at different times of the day. Accordingly, this short morning practice is the equivalent of a cup of coffee: gentle warmups, a mild version of Sun Salutation, a half dozen familiar standing poses, an arm strengthener, a couple of backbends and a belly strengthener, a few reclining cooldowns, and then a short seated meditation.

If the morning practice is considered asana caffeine, then the evening practice is a warm glass of milk. It includes gentle warmups, a short vinyasa flow, and a long series of mostly twists and forward bends—all with an emphasis on breath awareness.

Brower, the founder of the Virayoga studio in New York City, is a certified Anusara Yoga teacher, though not much of that style is in evidence here. Brower is an excellent teacher for a beginner audience. She gives simple, clear instructions, with accessible modifications for the



# YogaToes

© 2008 YogaPro. Patents Pending Made in U.S.A. Patents #7131939 & 7322915

## YogaToes Help

- Relieve stress and tension
- Re-energize feet and toes
- Improve and prevent foot problems
- Relieve foot pain

Soft & flexible form-fitting design

## YogaToes Hot New Accessory

Mini Massagers Great VIBES for your toes!

- Snaps easily onto YogaToes
- Batteries and Vibe-Clips™ included

Call Now! [YogaToes.com](http://YogaToes.com)  
877-964-2776

\* Footnote: Ramona - Official YogaToes foot model.

**FREE**  
Replacement Batteries  
with COUPON  
CODE YJ220

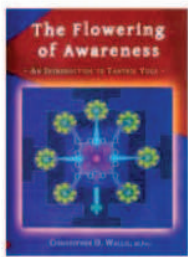
more challenging poses, and her positive, compassionate approach is both engaging and encouraging, no matter what time of day. RICHARD ROSEN

**THE FLOWERING OF AWARENESS:**

An Introduction to Tantrik Yoga, with Christopher D. Wallis. *The Foundation for Yoga*; [yogasthana.org](http://yogasthana.org)

Ever wonder where hatha yoga comes from and what makes it different from other schools of yoga? You'll be able to answer this question and others after watching this 94-minute lecture by Christopher D. Wallis, a Sanskrit scholar who regularly interprets ancient mantras for *Yoga Journal* (see page 22).

According to this DVD, the Tantric movement emerged in India in the sixth century, and in a relatively short time, it had an enormous impact on Indian culture and spirituality. A few centuries down



the road, it led to the development of hatha yoga. Wallis briskly covers Tantra's history, then goes through an overview of its central teachings and practices, its vision of the Self and the world, and its ultimate goal of Self-liberation. Wallis goes on to reveal that what sets Tantra apart from earlier yoga schools is its worship of the feminine principle, *shakti*, and its embrace of the physical world as a means to liberation.

Don't be fooled by Wallis's youthful appearance. He's been studying this material for more than half his life, has advanced degrees in religion and Sanskrit, and is himself an accomplished hatha practitioner. Wallis presents the material in everyday language with a heartfelt humility that belies his wealth of knowledge. R.R.

**CREATIVE CORE + LOWER BODY,**

with Shiva Rea. *Acacia*; [acacialifestyle.com](http://acacialifestyle.com)

The work of Prana Flow Yoga teacher Shiva Rea always has an engaging aesthetic appeal, and the two short practices on this DVD are no exception. The first is a core practice that focuses on the belly via Setu Bandha Sarvangasana (Bridge Pose), Half

Table, and Plank Pose, each with challenging variations. The second practice uses Virabhadrasana (Warrior Pose) with several variations linked together in Rea's distinctive dancelike style to strengthen the lower body.



Throughout, Rea asks you to feel yourself grounded and flowing with vital energy, and let your feet find themselves in space and forgo a lot of mental work. The short practices make nice warmups for longer, more varied strengthening programs. R.R.

**FULL BODY BLAST,** with Beth Shaw.

*YogaFit*; [yogafit.com](http://yogafit.com)

For many, Beth Shaw, the founder of YogaFit, is the woman who made yoga safe and accessible to those wary of spirituality. With her new DVD, she's aiming to bring her fitness-oriented yoga style right into your living room. The program is divided into four segments, promising a workout for all your body parts! Those parts, in Shaw's estimation, are the upper body, lower body, and abs (the fourth segment is a full-body warmup).

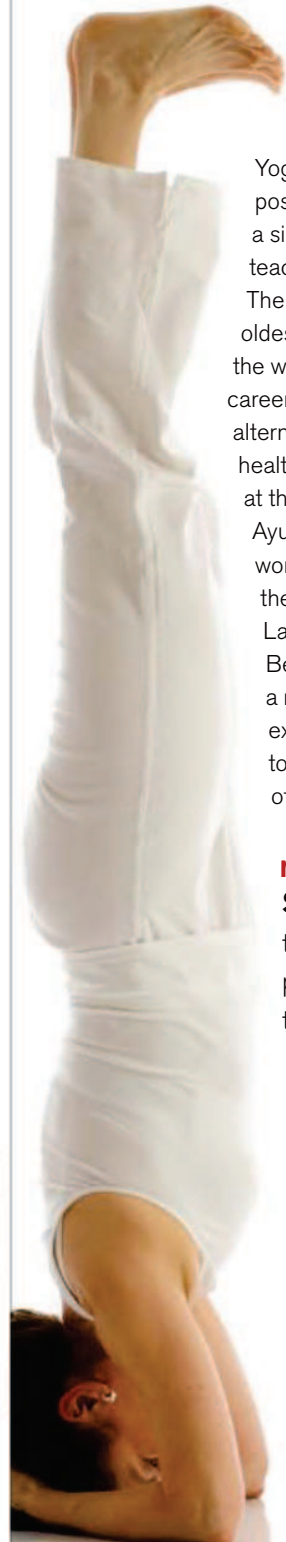
The DVD gives you instructions about the breath and some information about alignment (featuring Shaw's own Seven Principles of Alignment). The many recognizable asanas are taught and demonstrated well, and they come with Shaw's special names, like Crocodile (Four-Limbed Staff Pose). But many moves are Shaw's own inventions—such as a qi gong-like exercise she calls Sunflower and a wide-legged squat she calls Moon.

*Full Body Blast* delivers on its promise of a head-to-toe workout, putting you through a demanding sequence of asana-like calisthenics—lots of standing poses, planks and other core exercises, and upper-body boosters like Dolphin and pushups. Link all four segments, and you'll definitely feel the burn, even if you are a reasonably fit and experienced practitioner. H.D.



# kripalu school of ayurveda

## the technology of inner balance.



Yoga teaches balancing postures, and Ayurveda, a sister science of yoga, teaches balanced living. The reemergence of the oldest system of medicine in the world means increasing career opportunities in this alternative approach to health care. When you study at the Kripalu School of Ayurveda, you'll work with world-renowned leaders in the field, including Vasant Lad and David Frawley. Best of all, the training is a residential immersion experience, allowing you to practice this science of life while you learn it.

**new format**  
**September 2009**

two levels of training—plus an exciting new track for certified yoga teachers

find out more →  
[kripalu.org/ayurvedaschool](http://kripalu.org/ayurvedaschool)

Kripalu | exploring the yoga of life.

Stockbridge, Massachusetts [kripalu.org](http://kripalu.org)



**Samasati**  
Nature Retreat, Costa Rica

Yoga - Tranquillity - Inspiration - Wellness

Ideal for groups, Workshops and Individual Vacations  
Lots for sale at Samasati Gated Community

• **Ongoing Yoga Retreats**

• **Winter Offer:** January 09' - April 09'

• **Quest for Love:** March 12th - 15th

• **Yoga Teacher trainings 200 RYT with Marianne Wells:**

April 17th - May 3rd • July 25th - August 9th

August 15th - August 30th

Call us for information 800 563 9643 • [www.samasati.com](http://www.samasati.com)



*continued from page 69*

**SARAH** Our group arrives—it's such a diverse mixture of people. Some have never done yoga but have sponsored sisters through Women for Women International before; others are yogis who are new to the sponsorship program. Everyone shares a similar intention to reach out where they can and to stay open and curious wherever they go. It will be enriching to introduce meditation and contemplation to the new yoginis, offering them an immediate vehicle to digest and integrate whatever the trip will bring.

Many are still tired from the long journey, and, after a balanced yoga practice at the hotel, they stay back to catch up on some sleep. But most of us pile into Jeeps and head for the community church on the outskirts of town to attend a Pentecostal service. As we enter, we see a section reserved for us in the center of the full congregation. We dance, we sing, and we listen to how these people connect with God. It's a joyous celebration, one that finds me standing in front of 200 people, thanking them for welcoming us so graciously and extending their love.

**CHANDRA** I'm dancing in the middle of this church, and I cannot stop crying tears of joy over experiencing the Rwandans' deep faith in God. It's a lovely way for our group to begin their adventure—to experience how people rise above suffering to find divine inspiration in the midst of hardship.

For example, tonight at dinner, Hashmat, our Women for Women guide, described how she and her family narrowly escaped death by taking refuge in the Hotel of a Thousand Hills (a.k.a. Hotel Rwanda) before being led off in a convoy to Uganda. Hashmat, who is Muslim, said that her narrow escape gave her faith in God, despite all the violence she saw at such a young age. I take in these stories with respect for those who lived through such violence and uncertainty, wondering how my own spiritual practice would be affected in the face of such suffering. Our morning and evening yoga and meditation classes will be our time to process all that we see and hear during our trip.

## to honor and to hold

**DAY 2 ITINERARY** Meditation and yoga, breakfast, Kigali Memorial Center, Women for Women International bazaar, vocational training classes, meditation and yoga, film screening, dinner at Banana Jam.

**CHANDRA** Our first full day. This morning, I teach the experienced class while Sarah teaches the beginners. We are switching each day to give them a chance to study with both of us. After breakfast we go to the Kigali Memorial Center to honor the 250,000 people buried there. Walking through the exhibits is difficult, but when I come to the rooms with photos of children, and the descriptions of their deaths, I cry uncontrollably.

When it's time for the afternoon yoga session, it's clear that we need some way to cope with what we've seen at the memorial. I mainly focus on Yin Yoga to give everyone time to rest and contemplate what we've experienced so far. The quiet, soothing poses allow us to settle in after feeling so heartbroken.



## soul sisters

**DAY 3 ITINERARY** Yoga and meditation, breakfast, meeting with sisters at Women for Women International office, graduation ceremony, lunch at Africa Bites, women's rights education class, yoga and meditation, dinner at Novotel Hotel.

**CHANDRA** The first thing I notice is her eyes. They reveal her strength and gratitude. She is a widow with three children of her own and four more adopted children—orphans from the genocide. Her name is Muharubuga Gemerose, and for the next year, she will be my sister. Through my donation, her own hard work, and the help of the Women for Women International staff, she will, in a year's time, graduate from the program with a new knowledge of her rights and a skill that will help support her family.

It turned out that we were chosen by our Rwandan sisters on the spot. We

stood on the lawn in two groups facing each other, and when Muharubuga's name was called, she looked right at me. With the help of a translator, our conversation was short yet sweet. As we said good-bye, she leaned in and touched her forehead to mine. (Tibetan lamas do a similar thing to bless you by putting their forehead to your forehead, third eye to third eye.) It felt like souls meeting. I felt our sisterhood on a very deep level.

Today, after meeting our sisters, we watch the graduation ceremony of the previous year's sisters. We heard beautiful stories of overcoming hardship through the training they received. It was very inspiring. To conclude the ceremony, the women danced and sang, inviting us to join them. We had a wonderful time.

**SARAH** My husband, my daughter, and I meet with our sister, Immaculee Mukany-

**The Women:** (Left) Tour guide Hashmat speaks to the group. (Below) Easton assists a Women for Women staffer in a yoga pose.



indo, who, with a baby on her hip and one in her belly, had walked many hours to get there. She seems so shy, traumatized, and vulnerable. I only hope she is able to complete the program so that she can have a way to really take care of herself and her children.

We hug, and I give her some black pearl stud earrings from Tahiti that she quickly tucks into her sarong. I want to give her something that's special to me and could be special for her to own. Whatever

# kripalu school of massage

## more than going through the motions.

Get hands-on experience in this transformational curriculum that covers everything from sacred touch and the energetics of the body to essential anatomy and physiology. The Kripalu approach focuses on conscious communication and the therapist-client relationship, embracing the power and responsibility of healing from the inside out. And with additional studies in yogic inquiry and philosophy, you'll leave with an integrated education, ready to begin a sustainable career in this popular healing art.

find out more  [kripalu.org/messageschool](http://kripalu.org/messageschool)



**Kripalu** | exploring the yoga of life.

Stockbridge, Massachusetts [kripalu.org](http://kripalu.org)

# Take the Next Step...Teach

## Home Study Yoga Teacher Training and Certification

The finest Home Study Teacher Training and Certification Program ever developed offers you the skills you need to take the rewarding step from student to teacher, while learning at your own pace

An extensive 12-month program providing over 250 hours of instruction, including: CDs, text, books, study guides, lesson plans, retreats, and a personal advisor.

Course curriculum includes:

- Asana Theory and Practice
- Anatomy and Physiology
- The Eight Limbs of Yoga
- Teaching Meditation and Pranayama
- Communication Skills for Yoga Instruction
- How to Establish Yourself as a Teacher



 Temple of  
**KRIYA YOGA**  
CONCERNED ABOUT YOU

For more information, syllabus or brochure  
call 773-342-4600 or visit our website at [www.yogakriya.org](http://www.yogakriya.org)

happens to them now doesn't matter. She is very thankful to receive them. It is so wonderful to meet her in the flesh, to introduce our children to each other, to hug her and look into her eyes and share a few moments.

When we have the opportunity to witness last year's graduates from the WFW program giving testimonials of all they have learned and how much they have changed, I feel so happy that Immaculee has found her way into the program. And I feel so grateful to be sharing this process with my husband and my 16-year-old daughter who, like me, will be forever changed by this.

### a difficult day

**DAY 4 ITINERARY** Meditation and yoga, breakfast, Nyamata and Ntarama genocide memorials, travel to Gorilla's Nest Lodge, dinner, short evening yoga.

**CHANDRA** From the road, it looks just like an ordinary church. But inside, skulls and bones are displayed as a gruesome reminder of those who were led to the churches under the guise of refuge and then massacred. A statue of Mother Mary looks over piles of clothes, just as their owners left them. I find myself wanting to get out, but I try to stay present. It's a very difficult moment for all of us, but one that, again, gives us immense appreciation for our lives and for those who continue to work and to remind us that this should never happen again.

In the afternoon, I lead a lovingkindness meditation that involves wishing for freedom from harm and fear. You extend the meditation first to yourself, then to your loved ones, then to your so-called enemies, the country, the world, and beyond. The practice gives us a way to access what the Dalai Lama refers to as our inherent "good heart." Lovingkindness meditation prepares us to engage in a more advanced Tibetan Buddhist practice called *Tonglen*, or "sending and receiving." This practice involves breathing in as we acknowledge the suffering of others and breathing out healing and an end to that suffering. We all find the practices vital in helping us stay present

with what we've seen, while not becoming completely overwhelmed by it all.

**SARAH** We drive into the countryside on our way to the Virunga Volcanoes region, where we will go on a guided trek in search of mountain gorillas tomorrow morning. It just gets more and more beautiful. Flashes of green mountain, red earth, colorful figures walking alongside the road.

Along the way, we stop at the Nyamata and Ntarama genocide memorials. I am thankful for our last few yoga practices and meditations—they helped us stay open and soft as we walked through rooms still stained with blood from the mass killings that took place there. I feel so much tragedy and pain in my bones. There is a somber tone to the group, but everyone seems open to the full experience.

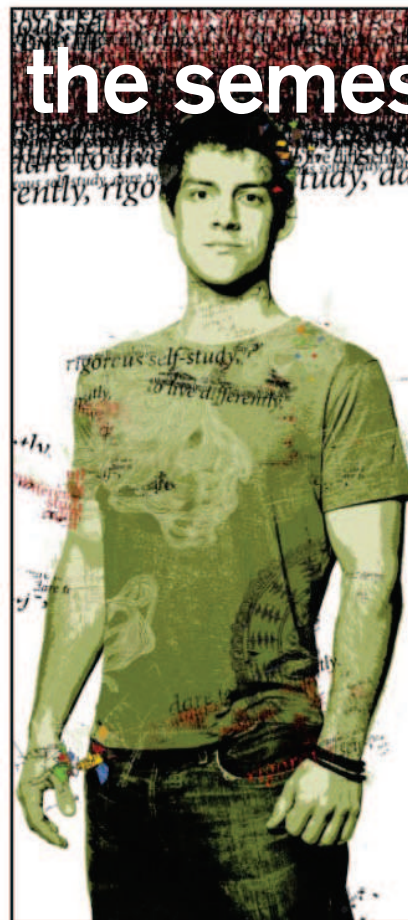
Eventually, we make our way to a lodge in a lush, misty valley on the border of Congo, Rwanda, and Uganda. That night, we lead a particularly grounding Yin practice that encourages everyone to be with their tender emotions. Hashmat, who is a beginning yogini, comes to me at the end of class with tears in her eyes and says, "This is the first time I've really relaxed since the genocide. I feel like I fully settled into myself for the first time in a long time."

### finding the sacred

**DAY 5 ITINERARY** Breakfast, Gorilla's Nest trek, lunch and free time, yoga, dinner.

**CHANDRA** We had to set out early this morning, so there was no yoga. Once at the base of the trail with guides, porters, and guardsmen watching out for poachers, we begin an intense hourlong hike to the gorillas. Finally we reach them—a silverback family of five: a father, mother, and three children. They're nestled in the bushes eating and sleeping. It's incredible to be at such close proximity, and they are not bothered by us at all. They seem accustomed to humans and unimpressed.

At one point, one of the babies does some cute antics, somersaulting his way down the slope right in front of us. I am just inches away! Then he comes up to me and taps me on the leg, as if to say, "Tag,



# the semester intensive


where daring to live differently is part of the core curriculum.

Delve into four months of experiential learning with like-minded peers ages 18–23. College credit available. Course topics include

- Healthy living
- Yoga and self-study
- Communication and community living
- Meaningful work
- Financial awareness.

find out more [kripalu.org/semesterintensive](http://kripalu.org/semesterintensive)  
413-448-3582, [leadership@kripalu.org](mailto:leadership@kripalu.org)

**Kripalu semester intensive**  
*learn differently. live differently.*  
stockbridge, massachusetts



## YogaFit® Mind Body Fitness Conferences 2009:

March 19-22 Dallas, TX  
April 2-5 Boston, MA  
May 27-31 Minneapolis, MN  
July 16-19 Palm Springs, CA  
August 12-16 Hood River, OR  
Sept. 17-20 New Brunswick, NJ  
Oct. 22-25 Atlanta, GA

---

Receive **10% Off**  
Level One/PilatesFit®  
with code: TTR-YJ  
Offer expires 12/31/2009

---

Receive **15% Off**  
non-sale merchandise  
with code: MRC-YJ  
Offer expires 12/31/2009

---

**YogaFit®**  
200 & 500-Hour  
Yoga Alliance Program

**www.yogafit.com**  
1-888-786-3111 ext: 223

America's  
#1 SELLING  
Weight-Loss Supplement†

**HYDROXYCUT**  
Lose Weight Fast™



"I lost an amazing 44 pounds in just 20 weeks! I've tried other products before, but nothing came close to working like Hydroxycut caplets!"  
— Stacy Stengel



"I obtained the coveted '6-pack abs' in just 20 weeks! Hydroxycut caplets helped me get into the best shape of my life!"  
— Skip Wood



"I knew I had to do something that would help give me quick results and that's why I chose Hydroxycut caplets. I lost 31 pounds in just 11 weeks!"  
— Stephanie Granzow

Results will vary. Individuals used Hydroxycut® caplets with sensible diet and exercise.

you're it!" It surprises everyone that the baby suddenly got so close. If the male silverback had seen me so close to his baby, I could have been in big trouble. We spend an hour among them before we head back down the hill.

It is a beautiful morning, followed by a magical afternoon. We are in the middle of our Yin Yoga class when we hear a group of children singing and dancing on the lawn. We walk outside to get a better look, when some of the girls grab our hands and pull us into their dance.

I am dancing with a little girl who's about eight, the same age as my daughter. It's so touching to jump around and twirl and sing with them. When we're done, we go back to our practice with the buzz of the dancing reverberating through our bodies. I feel so blessed and filled with the magic of this land.

### closing time

**DAY 6 ITINERARY** Yoga and meditation, breakfast, travel back to Kigali, dinner.

**SARAH** We take our morning practice outside on the patio today. It's chilly out, and mist is hanging on the surrounding mountains. Beginners and experienced yogis practice together. Chandra and I switch off between adjusting students and talking them through the poses.

At one point, while Chandra is giving instruction, I look out across the vista and see a school not so far away. Out there, on a mound, three boys copy our poses in a very cute and theatrical manner. They are hysterically funny. They're doing Trikonasana (Triangle Pose), Handstand, poses we aren't even doing. But they're having a great time waving their arms and trying to join us from afar.

Tonight is our last night together as a group. After dinner, each of us summarizes our experiences. I am happy to hear how some of the beginners sincerely feel the value of the practice, and how radiant yet vulnerable each woman looks.

Everyone is feeling very tender, and many express how deeply worthwhile these experiences have been. This was not just another trip or yoga retreat. It was a truly unique and life-changing journey for us all. What a privilege to visit the Rwandan people, who are so full of hope and forgiveness.

**CHANDRA** Everyone agrees that this trip has changed them, and that it wouldn't have been the same without the many yoga and meditation practices. I'll be returning home with admiration for Rwanda's open arms and commitment to



**Child's Play:** (Top) Three local boys spontaneously join a yoga class. (Left) A baby silverback gorilla is spotted at Volcanoes National Park.

moving forward without forgetting the past. I'm also taken aback by the beauty and kindness of Rwanda's people, particularly the women.

For me, the image of the mythical phoenix rising out of the ashes comes to mind; the women are a beacon for all of Africa and the world. Also, seeing the work of Women for Women International firsthand was very inspiring. We've seen how just a little help can go a long way. ■

*Sarah Powers and Chandra Easton are yoga teachers who live in the San Francisco Bay Area and teach around the world. To find out more about Powers, visit sarahpowers.com. For information about Easton, visit shunyatayoga.com. Lauren Ladoceur is Yoga Journal's associate editor.*

**America's #1 SELLING**  
Weight-Loss Supplement<sup>†</sup>

**“I Lost 39 lbs. Fast with Hydroxycut!”**

*“When I was overweight, I always had a smile on my face, but inside I was unhappy because I didn't like the way I looked. Then, I lost an amazing 39 pounds and over 7 inches off my waist with Hydroxycut caplets. Now I'm happier, I have tons of energy and I am proud to be a fit and healthy woman!”*

Gillian Risebury  
Collinsville, Illinois

*Another True Success Story*

Before



**LOST**  
**39**  
**pounds**

After



Results will vary. Individual combined Hydroxycut caplets with sensible diet and exercise for 13 weeks.

**Used by Millions to Lose Weight Fast\***

Clinically proven ingredients help you lose up to **4.5 times the weight** than diet and exercise alone.\*



*“Based on the scientific studies of the key ingredients in Hydroxycut caplets and my personal experience using the product, I would recommend Hydroxycut to healthy adults wishing to lose weight.”*

Dr. Nick Evans, M.D.



**NEW**

Also Look for  
**HYDROXYCUT™**  
Instant Drink Packets

*Just mix,  
drink and  
start losing  
weight!\**

Super-Centers

WALMART Live Well SHOP ONLINE OR AT W.M.

WALGREENS CVS/pharmacy

RITE

ALBERTSONS

ROGER

MEIJER

WALSH

K

Target Drug

StopsShop

VITAMIN WORLD

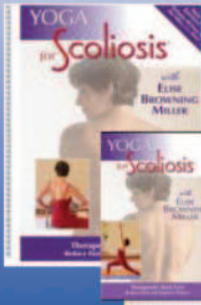
DR

\*In two 8-week studies in which all groups followed a diet and exercise plan, subjects using key ingredients (*Garcinia cambogia*, chromium polynicotinate, *Gymnema sylvestre* extract) lost, on average, significantly more weight than subjects using a placebo (14.99 vs. 3.06 lbs. and 12.54 vs. 3.53 lbs.). Individuals were remunerated. †Based on IRI F/D/MX sales data for Hydroxycut® caplets. Read entire label before use. Sensible diet and exercise are essential for healthy weight loss. © 2008

# YOGA FOR Scoliosis®

DVD AND BOOKLET

with  
Elise Browning Miller



This video provides a beginning home practice for anyone with a major scoliosis to minor imbalances throughout the body. Taught in the method of yoga master, B.K.S. Iyengar, these poses will empower you to take charge of your own back to improve posture and reduce pain and discomfort.

Do you have an interest in becoming certified as a "Yoga for Scoliosis Trainer"?  
Or would you like to learn more about "Yoga for Scoliosis"?  
Join us on one of our many workshops and retreats, led by Elise Miller.  
[www.yogaforscoliosis.com](http://www.yogaforscoliosis.com)  
650.493.1254

To Purchase Elise Miller products go to  
[www.ebmyoga.com](http://www.ebmyoga.com)  
or call 1-800-USA-TAPE (872-8273) ext 777

*continued from page 80*

You might surprise yourself and find the food component of a detox practice to be a good motivator for making lasting changes in your diet. "People can feel the difference in their bodies and minds within just a few days," Hyman says. "Then they want to keep it up because they can feel the difference."

## spring awakening

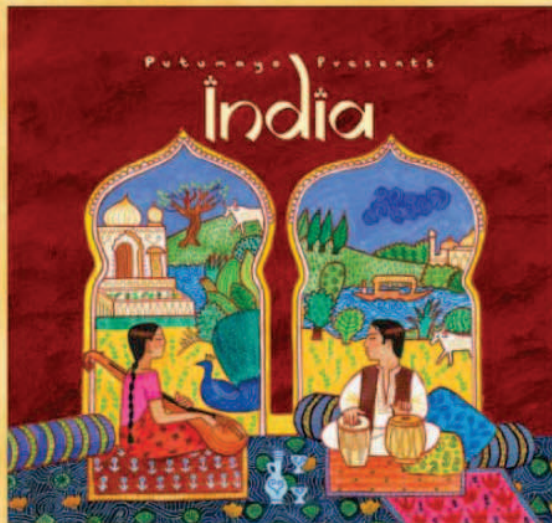
Because relaxation is such an important part of detoxing, Weill says, have all your groceries, props, and other supplies ready so that you can start fresh and be at ease on that first morning. Similarly, be easy on yourself the morning after the detox ends, so you can make a gradual reentry into your regular schedule.

Throughout the detox, powerful feelings and insights may pop up during meditation or your asana practice, or while you're sitting down for a meal. "You might experience a lot of anger and grief. You want as much clarity of mind as possible to be present for those feelings and process them as they come up," Weill says. You may find it helpful to schedule regular times to journal, perhaps noting three things that you're grateful for and three things that you want to clear from your mind and heart as you cleanse your body.

"The most dramatic effect that people notice is mental clarity," says Aadil Palkhivala, the co-creator of Purna Yoga and an Ayurvedic practitioner who has led detox asana classes around the world. "At first the mind may become a little fuzzy because of the toxins being released and excreted. But soon you'll notice a definite increase in mental clarity. Your skin will become radiant, and you'll have profound deep sleep. You'll have much more energy and a feeling of being more alive."

So enjoy it. Notice any changes in mind and body during and after your detox. Are there areas that feel revitalized? Renewed? "You'll be amazed at what you can accomplish in three days," Weill says. "You release and let go, so you can grow." ■

*Melanie Haiken is a freelance writer in San Rafael, California.*



A captivating musical *masala* featuring mesmerizing vocals and gentle beats, perfect for yoga and meditation

CD and book *India: A Cultural Journey* now available at retailers nationwide and online at [www.putumayo.com/india](http://www.putumayo.com/india)



PUTUMAYO WORLD MUSIC  
Guaranteed to make you feel good!

# fresh bites

Try this detox menu of simple whole foods to cleanse and nourish your body.

**A week prior** to your detox, observe your dietary habits. You may want to write down what you eat. Then choose three things—caffeine, sugar, and chocolate, for example—that you want to avoid or limit during the days leading up to the detox. It's important, too, to replace the “bad” stuff with more healthful choices; simply removing foods from your diet can leave you feeling deprived.

For the three days of the detox, you could eat just whole foods, grains, fruits, and vegetables, and ingest no stimulants in order to give your body a break, relax the liver, detox the kidneys and adrenals, and enhance digestion. If you eat meat, you might want to try a vegetarian or vegan diet for a few days. If you already eat mostly whole foods and have a balanced diet, perhaps you want to move in the direction of eating fewer grains and beans and instead dine on vegetables, fruits, and juices only.

On this page is a suggested menu plan that anyone can follow. For recipes for foods highlighted in green, check out [yogajournal.com/detox](http://yogajournal.com/detox). Make several servings of some of the soups and grains, so you can have meals at the ready.

Watch your blood sugar. Eating or drinking something every 90 minutes or so will help you to maintain balance during the cleansing process. Water with lemon, herbal tea, fresh coconut water, and wheat grass juice are all good options.

Many people find a more restrictive diet easy to follow for three days. Some even maintain it for days or weeks. Then, suddenly, something happens and there's a craving for fats and sweets. If you notice cravings creeping in, check in with yourself to see if the cravings are legitimate (your body needing more fats) or are simply habitual. Ask yourself: What have I learned during this detox? What foods do I want to incorporate into my daily life? How can I satisfy these cravings healthfully?

---

*Darshana Weill is founder of [fruitionhealth.com](http://fruitionhealth.com). She specializes in helping women cultivate a healthier relationship to food and their bodies.*

## Day 1

### BREAKFAST

Water with lemon  
Cooked quinoa, flax oil, nuts  
or seeds (for protein), and  
unsweetened dried fruit.

### LUNCH

Herbal tea  
**Kitchari**  
Steamed collards with **lemon**  
**miso tahini dressing**

### DINNER

Half a melon or a bowl of  
mixed fruit  
Broccoli, kale, onions, and chick-  
peas sautéed in olive oil  
Baked sweet potato

## Day 2

### BREAKFAST

Water with lemon  
Fruit smoothie or a large bowl of  
fresh fruit with yogurt, flax  
or hemp seeds, and spirulina

### LUNCH

Salad of mixed greens with grated  
or boiled beets and lemon  
miso tahini dressing or flax oil  
and balsamic vinegar  
Leftover quinoa tossed with any  
chopped raw vegetables and  
flax oil and balsamic vinegar  
**Black bean stew**

### DINNER

**Carrot-ginger soup**  
Steamed spring greens with flax oil  
Brown rice  
Herbal tea

## Day 3

### BREAKFAST

Water with lemon  
Leftover kitchari  
Sauerkraut

### LUNCH

Kombucha  
Leftover baked sweet potatoes,  
mashed  
Mixed salad with grated carrots,  
sprouts, and lemon miso  
tahini dressing or flax oil  
and balsamic vinegar  
Leftover black bean stew or  
carrot-ginger soup

### DINNER

**Ocean veggie stir-fry**  
Leftover brown rice  
Herbal tea

## Snacks?

**Of course! Enjoy them  
between meals or as needed  
to stabilize blood sugars.**

**Almond milk**  
Fresh fruit  
Homemade fruit smoothie  
Baked beets  
Vegetable juices  
Oatmeal  
Raw carrots, celery, cucumbers,  
and radishes  
Steamed broccoli or other  
greens with flax oil  
Salads with lemon miso  
tahini dressing

For recipes for those foods  
in green, please visit  
[yogajournal.com/detox](http://yogajournal.com/detox).



*find your center  
...every day*

“ Whether you set a goal or not,  
if you practice regularly  
the result will be peace. ”

Baba Hari Dass



### Yoga Teacher Training 200 & 500 Hours

YTT 200

JUNE 19-JULY 16

YTT 200 Modular  
Monthly Weekend Series

Begins SEPTEMBER 13-20

### Yoga Retreats

Upasana:

A Devotional Meditation Retreat


MAY 21-25

Ashtanga Yoga Liberation Retreat:

JULY 1-5



PROGRAMS MEET YOGA ALLIANCE CERTIFICATE  
AND CONTINUING EDUCATION REQUIREMENTS

 [www.mountmadonna.org/yogajournal](http://www.mountmadonna.org/yogajournal)

Located on 335 mountaintop acres of redwoods and meadows overlooking Monterey Bay, Mount Madonna Center is a spiritual community devoted to yoga, selfless service, and self-development. Conference and retreat facilities for groups from 5 to 500 are also available.



445 Summit Rd, Watsonville, CA 95076  
[mountmadonna.org/yogajournal](http://mountmadonna.org/yogajournal)  
408.846.4064

*continued from page 72*

yourself,” he says. One of the best ways to access stability is through meditation, which Pomedá says can result in greater perspective and clarity—assets in the best of circumstances, but particularly so in times of crisis. If you are feeling fearful or negative, Pomedá suggests simply sitting with whatever energy arises. “Don’t try to escape. Don’t seek out distracting pleasures. Sit with what arises, without allowing your mind to be drawn to the object of your fear or worry,” he says. When you do this, he explains, an alchemy happens, and the energy is transformed. “It can turn to joy, peace, or simply disappear,” he says.

Pomedá also recommends using this classic visualization technique: “Imagine yourself in an ocean. Though there is a storm above the surface of the water, the ocean below is peaceful and clear. As you begin to dive, you go deeper into yourself, and you are surrounded by an infinite sense of peace.” This image, says Pomedá, is an apt metaphor for what goes on in life: Regardless of the storms that surround us, we always have access to a place of calm. “Nothing lasts forever,” says Pomedá. “Crises have an end. What meditation gives you in times of trouble is agility and the ability to respond to what is with clarity and calm.”

#### REST UP

“These times demand that we be efficient with our resources,” says Ann Dyer, a yoga and chant instructor in Oakland, California, who specializes in yoga for deep, restorative sleep. Dyer points out that sleep is basic to survival and essential for our mental health, particularly in times of distress. Yoga, Dyer says, is extremely effective at calming the nervous system and helping you get a good night’s sleep.

“Any forward bend with your head supported on a block is deeply relaxing,” she says, adding that if you can’t reach a block, use a chair seat. Such poses might include Uttanasana (Standing Forward Bend), Paschimottanasana (Seated Forward Bend), and a forward-bending Sukhasana (Easy Pose). Dyer also recommends practicing Viparita Karani (Legs-up-the-Wall Pose) before turning in. The most important

thing, she says, is to let go of any effort. "It's not the time to challenge yourself. It's a time to let go." Dyer has some other practical advice:

- Make a conscious commitment to let go of the day's activities. Stop checking email and forget about the laundry.
- Develop a bedtime ritual. People need at least a half hour to wind down before turning the lights out. Consider taking a bath, massaging your body with a relaxing oil, dimming the lights, or listening to some quiet music.
- If you wake in the night, stay in bed and practice some simple pranayama. Take 10 breaths, extending your exhalation a little more with each breath.

We may not be able to control the stock market, Dyer says, but we can make sure we are well rested so we can respond to what is with clarity and courage.

#### GET GOOD AT GIVING

"Karma yoga is an attempt to align our actions with our spiritual self," says Swami Ramananda, president of the Integral Yoga Institute of New York. He believes that the yoga of service is especially important to practice in difficult times, when our natural inclination might be to protect our own interests and withdraw from others. But by closing our hearts, we deny ourselves our deepest source of strength, he says. "We cut ourselves off from our connection to the universe," he explains, "which is the most primal form of support—the understanding that we are not alone."

It is in the act of giving, of connecting with others through a shared sense of need, that we grow. "Karma yoga offers us a kind of spaciousness," Ramananda says. "Through giving, our hearts are more open. We see that the universe will catch us, that we have more options than we thought. And from that, our perceived limitations begin to fall away."

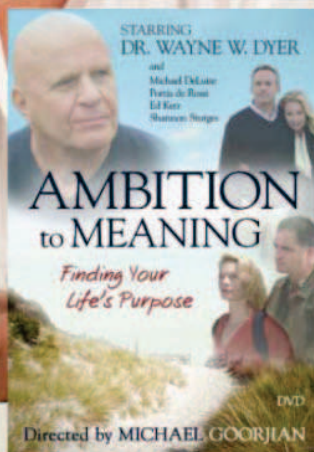
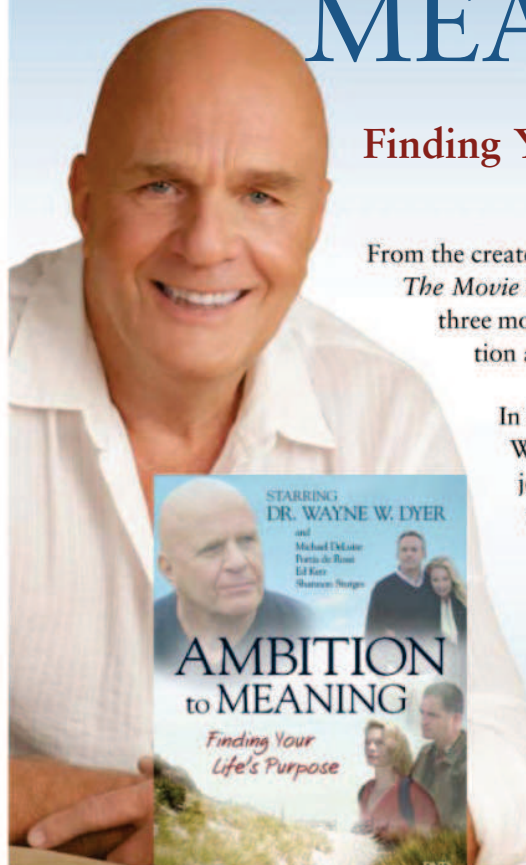
Find the cause that most speaks to you, he advises. "All of us have a natural inclination to serve in some way," he says, whether that is giving to animals, to people, or to the environment. Although opening your heart and being of service doesn't necessarily eradicate fear and

# See Wayne Dyer's New Movie AMBITION *to* MEANING

## Finding Your Life's Purpose

From the creators of *You Can Heal Your Life: The Movie* comes a compelling portrait of three modern lives in need of new direction and new meaning.

In his first-ever movie, Dr. Wayne W. Dyer explores the spiritual journey in the second half of life when we long to find the purpose that is our unique contribution to the world. Filmed on coastal California's spectacular Monterey Peninsula, *Ambition to Meaning* captures every person's mid-life longing for a more purposeful, soul-directed life.



### Now Available



Ambition to Meaning  
DVD • \$19.95  
978-1-4019-2422-5

Expanded Edition  
2-DVD Set • \$29.95  
978-1-4019-2423-2

See a screening of *Ambition to Meaning*  
and join Keynote Speaker Wayne Dyer at

## I CAN DO IT!®

San Diego  
April 30 – May 3, 2009.

Space is Limited – Register Now!  
Call 800-654-5126 or visit [www.icandoit.net](http://www.icandoit.net)

Watch the trailer or order online  
at [www.ambitiontomeaning.com](http://www.ambitiontomeaning.com)

# Great Instructors yoga JOURNAL

**Bring the conference home**  
with these exclusive DVDs

**LIVE AT THE SAN FRANCISCO CONFERENCE**

3 approaches to Vinyasa Yoga • 3 ways to deepen your practice  
From 3 of America's leading instructors



Available individually  
or as a 3-DVD set

**ORDER NOW**  
[www.shopyj.com](http://www.shopyj.com) or  
call **800 I-DO-YOGA**  
(436-9642)

Also available at fine retailers  
[FitnessFly.com](http://FitnessFly.com)

**Each 90-minute DVD helps you develop physical strength and flexibility, as well as emotional balance.**

Highlights include instruction on more than 50 poses plus in-depth, exclusive interviews with each instructor



Five percent of the net proceeds of Seane Corn and Shiva Rea's DVDs will be donated to YouthAids and the Global Mala Project, respectively. For more information, go to [www.youthaids.org](http://www.youthaids.org) and [www.globalmala.org](http://www.globalmala.org).

anxiety, Ramananda says, “It allows those feelings to move through us rather than stay stuck. And we begin to see that fear is part of the human experience.” Giving to others, especially when we’re feeling needy ourselves, reconnects us to the true source of our own strength—the unchanging spirit within us. “Reaching out can be the most potent means for healing our own hearts,” he says.

**LIVE CREATIVELY**

“Now is a good time to ask, ‘How much is enough?’” says Gurmukh Kaur Khalsa, a Kundalini Yoga teacher and the director of Golden Bridge Yoga in Los Angeles. “For too long, people have reached for happiness through money. And we’ve learned that the quest for more material goods has not brought happiness. In fact, it’s brought conflict, greed, and war.”

The antidote to this greed is *aparigraha*, the fifth of the ethical standards outlined in the Yoga Sutra. *Aparigraha* is often translated to mean “nonhoarding.” At its root, it is the practice of nonattachment,

of letting go of the idea that your happiness depends on what you own. “This is a time of transition,” Khalsa says, “a time to ask yourself, ‘What is really important? What makes me happy?’ Not the instant rushes we get from shopping or titillating our taste buds with a fancy meal, but genuine, deep-down happiness.” For Khalsa, this includes a return to the hearth and getting back to basics. “I’m spending more time at home and in nature. I cook more often, preparing simple, live, organic food. I focus more on my family and community. This is an opportunity to live more creatively, from the heart, and discover that simple is not only good, it might even be better.”

It also means learning how to take pleasure in something without having to own it. “If you can enjoy beauty for its own sake, you change the way you relate to the world.” And with that, she says, comes the power to change your destiny. ■

*Dayna Macy is a writer and musician, and the communications director of Yoga Journal.*

**YOGA JOURNAL** Issue 218 (ISSN 0191-0965), established in 1975, is published nine times a year (February, March, May, June, August, September, October, November, December) by Cruz Bay Publishing, Inc., 475 Sansome Street, Suite 850, San Francisco, CA 94111, (415) 591-0555. Annual Subscription: U.S. \$21.95; Canada \$28.95; overseas \$43.95. Single copies U.S. \$4.99; Canada \$6.99. Agreement number 41742020 assigned by Canada Post. Mailing list: Occasionally, we make our subscriber list available to carefully screened companies unless the subscriber advises us otherwise. Send all subscription matters and notices of changes of address to: *Yoga Journal*, P.O. Box 51151, Boulder, CO 80322-1151. **E-mail the subscription customer service department: [yogajournal@neodata.com](mailto:yogajournal@neodata.com). Call subscription customer service, Mon.–Fri. 7 am–10 pm CDT; Sat. 8:30 am–5 pm CDT: (800) 600-9642 or (303) 604-7435 from outside the United States.** All issues of *Yoga Journal* are now available on microfiche from ProQuest, 300 N. Zeeb Rd., Ann Arbor, MI 48016. Copyright 2008 by Cruz Bay Publishing, Inc. All rights reserved. No part of this publication may be reproduced without written permission from the publisher. *Yoga Journal* is not responsible for advertising claims. Periodicals Postage Paid at San Francisco, CA, and at additional mailing offices. POSTMASTER: Send address changes to: *Yoga Journal*, P.O. Box 51151, Boulder, CO 80322-1151. CANADIAN UNDELIVERABLES: Send to CANADA POST, P.O. Box 456, Niagara Falls, ON L2E 6V2. The editorial content of *Yoga Journal* should not be used as a substitute for professional health care. Talk with your doctor before starting any new exercise regimen.

*“I am amazed what tremendous healing happens with each session.” — Hanna Kluner*



**PHOENIX RISING**  
yoga therapy

**AS YOU ENDEAVOR TO KEEP UP** with the hectic pace of life, you may find yourself longing for inner peace and deeper meaning, for a way to heal your body and spirit. Deep inside you know that you must slow down. ■ Phoenix Rising Yoga Therapy encourages a profound bond with self by combining classical yoga techniques and elements of contemporary body-mind psychology. ■ **CURIOUS?** Call a Phoenix Rising Yoga Therapy Practitioner and change your most important relationship—the one with yourself!

<b>California</b>		
Santa Cruz	Tara Gasta	831.818.9202
<b>Colorado</b>		
Boulder	Cydney Fodeman	303.588.3559
<b>Florida</b>		
Hollywood	Cami Rice	954.557.4116
Tampa	Angela Tanger	813.989.1163
<b>Illinois</b>		
River Forest	Nancy Ohalla, LCSW	708.771.7664
<b>Louisiana</b>		
New Orleans	Amy Archinal, RYT	504.899.6167
<b>Maryland</b>		
Baltimore	Dianne Mekelburg, M.Ed., ERYT	410.409.2295
College Park	Beth Charbonneau, LCSW-C	240.353.3956
<b>North Carolina</b>		
Raleigh	Karen Knight, RYT, CCYT, MS	919.270.0708

<b>New Hampshire</b>		
Keene	Cindy Sterling, BA, ADRN, CYT	603.357.7698
<b>New Jersey</b>		
Matawan	Basha Alperin-Alade	732.290.0967
Montville	Karen L. Benenson, LSW	973.263.8577
Morganville	Sheri L. Glick	732.995.1569
Short Hills	Liz Irwin	917.378.9455
Weehawken	Julia Hough	201.558.1556
<b>New York</b>		
Alfred	Merry Coburn, Ph.D.	607.382.2041
Middle Island	Caron Hunter, LMT, RYT	631.696.9051
Phoenix	Michelle Clark	315.695.5797
Plainview, Long Island	Seena Russell Axel, PhD	516.942.0419
<b>Pennsylvania</b>		
Boalsburg	Mandy Sergent	814.237.4005
Philadelphia	Theresa Conroy	215.888.9123
<b>South Carolina</b>		
Spartanburg	Elaine Lang, MS	864.583.3621
<b>Texas</b>		
Houston	Krista Highfield, MS, LPC	832.515.4618
The Woodlands	Indrani Nathu Goradia	281.300.6563
<b>Virginia</b>		
Richmond	Vimala Nora Pozzi, E-RYT 500	804.342.1061
<b>Washington</b>		
Seattle	Shawn Jezerinac	206.890.2704
Seattle/Mercer Island	Soleil Hepner	206.300.7333
<b>Canada</b>		
Toronto, ON	Jane Lowbeer	416.534.2097
Vancouver, BC	Beth Triano	604.787.0254

Call 800.288.9642 or visit [pryt.com](http://pryt.com) to find out how YOU can become a Phoenix Rising Yoga Therapy Practitioner.

**You may request more information from advertisers listed with a reader service number (RS). Circle that number on the reader service card found between pages 112 and 113. For faster service, go to [yogajournal.com/freestuff](http://yogajournal.com/freestuff)**

RS	advertiser	PG	RS	advertiser	PG	RS	advertiser	PG
<b>Living Well</b>								
100	Yandara 200hr Yoga Teacher Training	.116	104	Pacific College of OM	.116	108	Movement of Spiritual Inner Awareness (MSIA)	.117
101	The Ayurvedic Institute	.116	105	Yoga Fit	.116	109	Beech Sandals	.117
102	Institute of Transpersonal Psychology	.116	106	Decent Exposures	.116			
103	Asana Activewear	.116	107	Angela Farmer & Victor van Kooten- Workshops & Retreats	.116			

## Yoga Pages

110	Abacus Portfolios	.113		The Great Yoga Wall	.114		Pink Lotus Designs	.114
111	AGM Group/Aeromat	.112	115	Inner Waves Organics	.112		Recycle Your Mat	.113
	Amazing Yoga	.113		Karma Athletics	.115	121	Signs of Life	.114
	Athena Institute	.114	116	Mandala Yoga Mats	.114		Sun Moon Yoga Studio	.115
	Bali Dog	.112	117	Marie Wright	.111	122	Title Nine	.111
112	The Colorado Yurt Company	.112	118	Master Yoga Foundation	.114		Yoga Bodys	.112
	Deer Park Monastery	.111	119	Nomadic State of Mind	.112	123	Yoga Institute of Miami	.114
	Ethos Pillows by LiveDreamInspire	.115	120	Nosara Yoga Institute	.111	124	Yoga Life Style	.115
113	Fertile Goddess	.113	114	The Ooh	.115			

## General Advertisers

	Acacia	.16		Kikkoman Pearl Soy Milk	.59	142	Sedona Labs®	.9
	American Health Acidophilus	.29	131	Kripalu	.93, 95, 97, 99, 101	143	Shakti Activewear	.85
	American Health Ester-C	.21		Lavera	.8		Sivananda Ashram Yoga	.49
	Aravon Shoes	.31	132	Lucy Activewear	.35	144	Sivananda Ashram Yoga Retreat Bahamas	.92
125	Athleta	.25		lululemon athletica	.7		Temple of Kriya Yoga	.100
	Aveeno	.12, 13		MaraNatha	.36	145	Toe Sox	.86
	Avon Walk for Breast Cancer	.33	133	Mount Madonna Center	.106		Udo's Oil	.41
126	Balanced Body	.85		Nature Valley	.38-39		White Lotus Foundation	.58
127	Be Present	.48	134	Nordic Naturals	.57	105	Yoga Fit	.101
	Boiron Oscillocoquinum	.45	135	Nutrition Now	.53		Yoga for Scoliosis	.104
	Burt's Bees	.18		Odwalla	.27		Yoga Journal 2009 Grand Geneva Conference	.91
	Chicago Yoga Conference	.50	136	Omega Institute	.60		Yoga Journal 2009 New York Conference	.94
	Clairol Natural Instincts	.14, 15		Origins	Cover 4		Yoga Journal Benefits Plus	.87
128	Earth	.23	137	Phoenix Rising Yoga Therapy	.109		Yoga Journal Conference Save the Dates	.84
	Earth Balance	.10		POM Wonderful	.3		Yoga Journal Great Instructors DVDs	.108
129	Exhale Enterprises	.42		Pranamaya	.46		Yoga Journal Morning	
	Flora FlorEssence	.17		Putumayo World Music	.104		Noon & Night/Well being DVDs	.88
	Hard Tail	Cover 2-1	138	Quantum Health	.44		Yoga Journal Off the Mat	.34
130	Hay House	.107	139	Ravi Singh and Ana Brett	.96		Yoga Journal Online Marketplace	.82
	India Tourism	.4	140	Rosetta Stone	.47	147	Yoga Pro Products	.96
	lovate	.102, 103	141	Samasati Retreats	.98	148	Zobha	.11
	Kashi	Cover 3		SATYA Jewelry	.48			



## 2009 U.S. TEACHING TOUR

**ZEN MASTER THICH NHAT HANH**

**Mindfulness Retreat**  
September 8-13  
at Deer Park Monastery, CA

**Public Talk**  
September 19  
at the Pasadena Civic Auditorium, CA

**Mindfulness Retreat**  
August 11-16  
at Stonehill College, Easton, MA

**Vietnamese Retreat**  
September 23-27  
at Deer Park Monastery, CA

**Mindfulness Retreat**  
August 21-26  
at Estes Park Center, CO

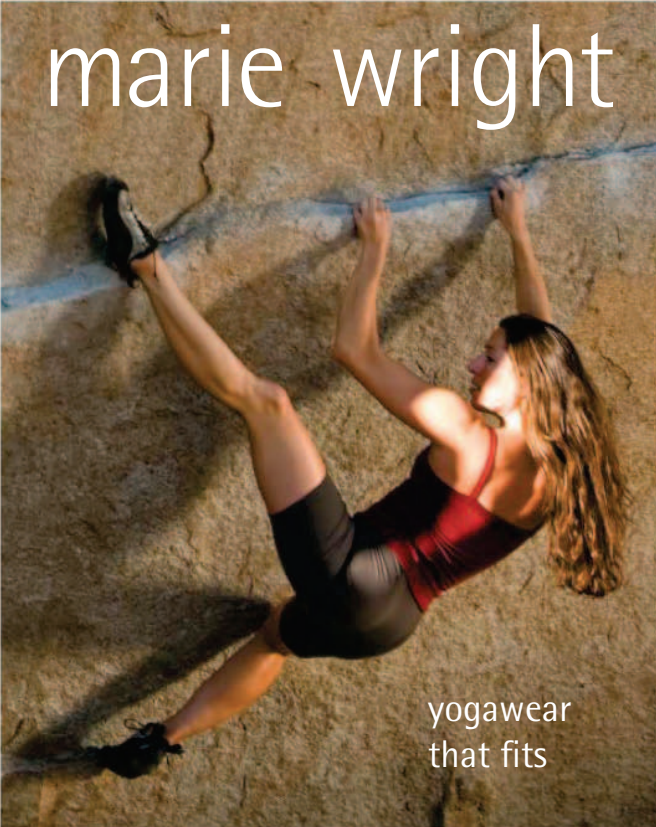
**Mindfulness Retreat**  
October 2-6  
at Blue Cliff Monastery, NY

**Public Talk**  
August 29  
at the Buell Theater, Denver, CO

**Mindfulness Events:**  
October 9, 10  
at the Beacon Theatre New York City, NY

visit: [www.tnhtour.us](http://www.tnhtour.us)

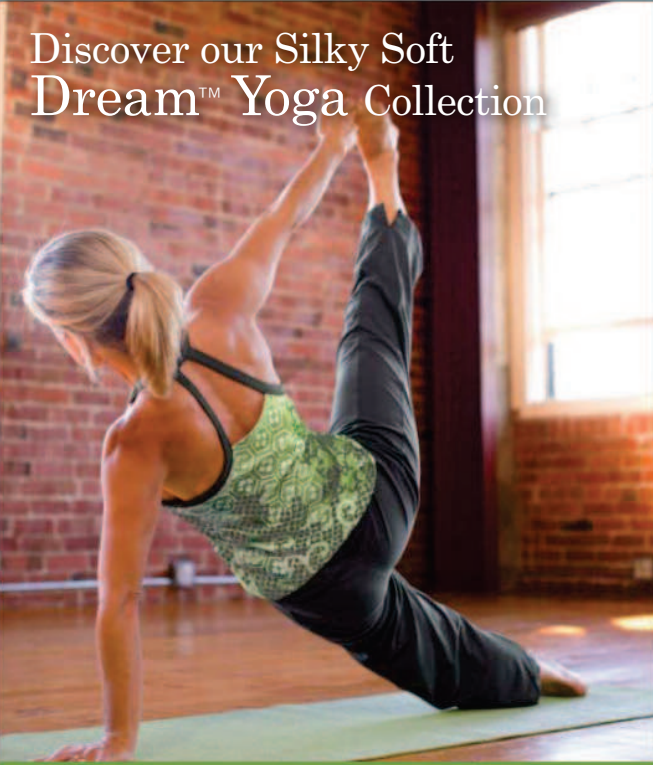
for more information contact us: 760-741-CALM or [info@tnhtour.org](mailto:info@tnhtour.org)  
families with children and teens are welcome to the retreats



# marie wright

yogawear that fits

new styles and colors • [www.mariewright.com](http://www.mariewright.com)  
800.217.0006



## Discover our Silky Soft Dream™ Yoga Collection

**title nine**  
Clothes that Move for Women on the Move  
800-342-4448 • [titlenine.com/yoga](http://titlenine.com/yoga)



ON THE PACIFIC COAST OF COSTA RICA

**Nosara YOGA INSTITUTE**  
Founded in 1994 by Amba and Don Stapleton

**200-hr Interdisciplinary Yoga Teacher Training®**  
July 5 - August 1, 2009  
at Nosara Yoga Institute. 200-hr Yoga Alliance approved • Directed by Amba & Don Stapleton, Ph.D.  
Drawing from a diversity of yoga styles and stimulating personal inquiry into your own practice, you gain comprehensive understanding of the fundamental principles and practices of yoga while developing professional skillfulness to teach in a wide variety of settings. Over 1,400 graduates are listed on our website's Teacher Directory.

**100-hr Pranassage Practitioner Training®**  
February 22 - March 8, 2009  
at Nosara Yoga Institute • Directed by Amba & Don Stapleton, Ph.D.  
The ideal counterpart to your yoga teaching, Pranassage is a synthesis of yoga and bodywork that promotes deep relaxation, release and integration.

**Advanced Interdisciplinary Yoga Teacher Training®**  
March 22 - April 4, 2009  
at Nosara Yoga Institute • Directed by Amba & Don Stapleton, Ph.D.  
Open to instructors of all yoga traditions this advanced yoga teacher training provides a framework to take your teaching and practice to a new level of personal inquiry and understanding both on and off the mat.  
For dates and additional information, visit us at: [www.nosarayoga.com](http://www.nosarayoga.com)

USA Toll Free 1-866-439-4704 • email: [info@nosarayoga.com](mailto:info@nosarayoga.com)

Brahmanand's New Chanting CD "NOSARA KIRTAN" Now available on line at [nosarayoga.com](http://nosarayoga.com)

Finally!  
Yoga Clothing for Men

**YOGABODYS**

(877) 714-9642  
or visit us online  
[www.yogabodys.com](http://www.yogabodys.com)

**INNER WAVES**  
Organics, Maui

Organic Yoga Wear  
for Women and Men

(866) 573-9283 [www.innerwaves.organics](http://www.innerwaves.organics)

[www.balidog.com](http://www.balidog.com) 800 2114470

deva pants

**YOGA YURT**

Yurts • Tipis • Tents  
Simple, sustainable space  
for yoga, home, retreat.

**Colorado Yurt Company**

800.288.3190  
[www.coloradoyurt.com/yj](http://www.coloradoyurt.com/yj)

**EcoWise FITNESS**  
Because we care...

**Because We Care...**  
about the environment and the health of others,  
we have developed the EcoWise™ product line.  
We also offer many other body, mind, spirit  
fitness accessories to help you perform your  
daily practice with peace of mind.

Balance Disc Cushion and Wedge

Deluxe Pilates / Fitness Mat  
European-style ribbed texture

Workout Mat with eyelets

Yoga / Pilates Mat

Fitness Ball

Dual Grip Medicine Ball

Weight Ball and Slim Olive Weight Ball

Fitness Band

Deluxe Medicine Ball

Wholesalers welcome  
Call toll free 877.278.6158  
[www.EcoWiseFitness.com](http://www.EcoWiseFitness.com)

AGM GROUP

**vanGo-GO-GO, Please Go**

**NOMADIC STATE OF MIND**  
nomadicstate.com  
handcrafted sandals

**ECOLYTE**  
Hemp straps, hemp/recycled poly footbed

Sandals with a little more sole  
available in the JC and SlipOn

hand crafted sandals, organic apparel & more  
[nomadicstate.com](http://nomadicstate.com)

Celebrate your inner goddess with  
**Fertile Goddess**  
Yoga and Athletic Wear



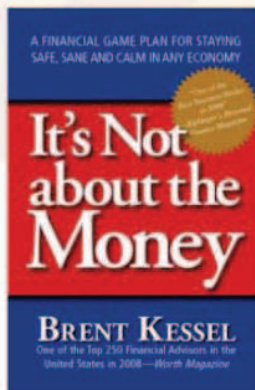
FERTILE  GODDESS™

Now available exclusively at:

[www.fertilegoddess.com](http://www.fertilegoddess.com)

“One of the top financial advisors for 2008”  
– *Worth magazine.*

PUBLISHED BY HARPERCOLLINS & NOW AVAILABLE AT AMAZON.COM:



“One of the Top Five Business Books for 2008”

– *Kiplinger's Personal Finance*

 **ABACUS**  
CHANGING THE WORLD ONE PORTFOLIO AT A TIME™  
[ABACUSPORTFOLIOS.COM](http://ABACUSPORTFOLIOS.COM)

**Teacher Training**

**Power Flow Yoga**

AMAZING  
yoga



**Maya Tulum Resort**  
in Mexico

June 20–27, 2009

[amazingyoga.net](http://amazingyoga.net)

(412) 661-1525



strength



grace



power

reduce

reuse



**recycle your mat**

[www.recycleyourmat.com](http://www.recycleyourmat.com)

**ATHENA PHEROMONES™**



**Enjoy More Romance with Biologist's unscented fragrance additives.**

Developed by Dr. Winnifred Cutler, co-discoverer of human pheromones in 1986.

*"My honey doesn't know. It keeps him going. It makes him think he just met me tonight. It's great stuff. It is so bizarre; I don't know why the whole world isn't using it. It's my little secret, no one knows."* -LuAnne (MN)

Call 610-827-2200 or view the science and order online at **Athenainstitute.com**



Refresh & Recharge with Yoga, Sea & Sun  
Sanibel Island, Florida  
**2 Iyengar Yoga Classes Daily**

**Bobbi Goldin** - Iyengar Certified since 1983

**YOGA INSTITUTE OF MIAMI**  
8241 W.W. 124 St. • Miami, FL 33156 (305) 969-5999  
www.yogamiami.com • E-mail: bobbiji@yogamiami.com

**Yoga Sanibel Style**  
April 26 - May 3, 2009

**PINK LOTUS** jewelry inspired by ancient cultures

**Navaratna Pendant**  
Nine auspicious gems in one pendant to ensure balance and well being of the wearer




**Kundalini Pendant**  
Serpent energy symbolizing the awakening through the Chakras



www.pinklotusdesigns.com :: tel: 215-284-7099

# Got Pain?



Do **Svaroop** Yoga

healing  
transformation  
illumination

WWW.MASTERYOGA.ORG

TEACHER DIRECTORY • TEACHER TRAINING • DVDS & CDS

## Signs of Life

Simple, elegant signs and magnets that can be placed anywhere a reminder of kindness, wisdom or humor might be helpful.



Signs: \$7.95 - Magnets: \$5.95

[www.signsoflife.us](http://www.signsoflife.us)



## EXPERIENCE THE FREEDOM

[www.mandalayogamat.com](http://www.mandalayogamat.com)

## The Great Yoga Wall



**The Best Yoga Wall You Can Buy!**

Safe  
Strong  
Therapeutic  
Easy to Use  
Adjustable

(775) 781-0468

[www.yogawall.com](http://www.yogawall.com)

**Avana® Dream Suite**  
 three pillow system engulfs & elevates your joints in memory foam micro cushions

- Between knees, elbows & wrists to stimulate circulation
- Use under knees for sitting up watching TV
- Under ankles for added elevation
- Perfect neck support




**Special offer.**  
**Now Only \$195\*** - savings of 38%  
 \*when purchased as this Dream Suite 3 piece set

ooh COMFORT THE HUMAN MACHINE  
 www.theooh.com 1-866-384-2801

*MULTIDIMENSIONAL  
 YOGA THERAPY*

YOGA THERAPIST  
 CERTIFICATION

Yoga Alliance 200 & 500  
 Accredited Programs



multidimensionalyogatherapy.com

Words to reinforce positive dreams & goals in a world full of negative noise




LiveDreamInspire™

**Exclusive to Yoga Journal Readers:**

**1/3 off** our entire line of sophisticated inspirational Ethos Pillows! Simply go to **livedreaminspire.com** and use the coupon code **"DREAM"** to take advantage of this very special offer!

**Yoga Life Style**




providing individuals and studios with yoga supplies since 1996

116 Costa Road  
 Highland, NY  
 845.883.4220

www.yogalifestyle.com

Name: Ami Jayaprada Hirschstein  
 Occupation: Yoga Teacher  
 Studio: Jai Ma in New Paltz, NY  
 Loves to Fly in her Girl Star pants from Yoga Life Style

**Everything For the Modern Yogi**



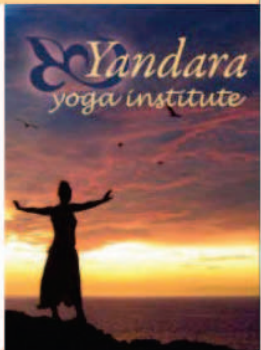
**karma.**  
 Yogawear for all levels

www.karmaathletics.com

CAREERS	CATALOGS	HEALTH	HOME	JOURNEYS	MEDIA	SELF-CARE
---------	----------	--------	------	----------	-------	-----------

Go to [yogajournal.com/freestuff](http://yogajournal.com/freestuff) or circle the corresponding number on the reader service card found between pages 112 and 113.

**200-HOUR YANDARA YOGA TEACHER TRAININGS**  
 Yoga Alliance certification at our beautiful oceanfront setting in Baja Mexico. Learn hatha yoga with precision alignment, emphasizing heartfelt energy. Use this training as a foundation for any style you choose to teach. Choose from 18- and 26-day residential intensives: \$2,630 (includes tuition, meals, and accommodations). Open to all levels. Email [yoga@yandara.com](mailto:yoga@yandara.com) or call (877) 490-9883.  
[yandara.com](http://yandara.com)



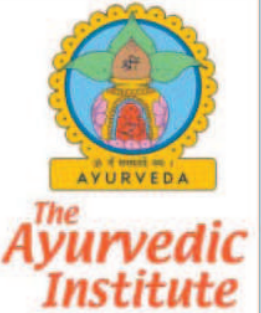
100 Free Information

**PACIFIC COLLEGE OF ORIENTAL MEDICINE**  
 Acupuncture & Massage. If you're looking for a new career, follow an old path: traditional Chinese medicine. Pacific College is one of the nation's leaders. Accredited master's degree programs in Acupuncture and Oriental Medicine; Massage Certificate Programs. San Diego: (800) 729-0941; Chicago: (888) 729-4811; New York: (800) 729-3468.  
[PacificCollege.edu](http://PacificCollege.edu)




104 Free Information

**THE AYURVEDIC INSTITUTE**  
 Offering the finest education in Ayurveda since 1984. First-year graduates (665 classroom hours) provide lifestyle consulting and education. Second-year graduates (480 classroom hours) offer advanced lifestyle consulting and Ayurvedic treatments and prepare for work in an integrated medical setting. We offer panchakarma, seminars, clinical study in India, correspondence course, herbs & Ayurvedic products. Free catalog. Call (505) 291-9698.  
[ayurveda.com](http://ayurveda.com)




101 Free Information

**YOGAFIT® TRAINING SYSTEMS**  
 YogaFit® Training Systems, the leader in mind/body/fitness education offers progress-at-your-own-pace Yoga Alliance approved 200 and 500 hour teacher training programs. We hold trainings NATIONWIDE every weekend offering programming such as Levels One-Five, Therapeutic Yoga, Restorative Yoga, Seniors, Prenatal and Anatomy. (888) 786-3111, x223.  
[yogafit.com](http://yogafit.com)



105 Free Information

**INSTITUTE OF TRANSPERSONAL PSYCHOLOGY**  
 is the unique graduate school for professional, educational, and personal growth. The Institute provides over 25 years of excellence at the forefront of psychological research and education, probing the mind-body-spirit connection. Earn a PhD or master's in counseling (MFT). Distance-learning programs offer one-year certificates, PhD, or master's. WASC accredited. Call (650) 493-4430, x16. Email [itpinfo@itp.edu](mailto:itpinfo@itp.edu).  
[itp.edu](http://itp.edu)



102 Free Information

**DECENT EXPOSURES**  
 Colorful, comfortable, 100-percent cotton! Bras, underpants, leggings, skirts, T-shirts, leotards, swimsuits, and more! Organic cotton and latex-free options available—all customized to fit you perfectly. Everything made in the USA. For a free catalog, contact Decent Exposures at (800) 505-4949 or online.  
[decentexposures.com](http://decentexposures.com)



106 Free Information

**MAKE A LIVING FROM YOUR PASSION**  
 Looking for a career change? Asana Activewear offers you an opportunity to pursue your passion for having an active lifestyle. Franchise opportunities now available. Call (704) 366-8020. Email [info@asanaactivewear.com](mailto:info@asanaactivewear.com).  
[asanaactivewear.com](http://asanaactivewear.com)



103 Free Information

**ANGELA FARMER & VICTOR VAN KOOTEN YOGA RETREATS IN GREECE**  
 European Workshops and USA Teaching Tour. Two- and three-week courses in May and June in the beautiful Eftalou Yoga and Healing Center in Lesvos, Greece; USA tour July through December. Email Patricia Schneider at [patricia@brainfingers.com](mailto:patricia@brainfingers.com) for details. For full schedule and ordering details for books, CDs, and DVDs, please visit our website.  
[angela-victor.com](http://angela-victor.com)



107 Free Information

### ARE YOU FULFILLING YOUR SPIRITUAL PROMISE?

MSIA teaches Soul Transcendence, which is becoming aware of yourself as a Soul and as one with God—not as a theory but as a living reality. For information and a free book, *Journey of a Soul*, by John-Roger, contact servicedesk@msia.org or call (800) 899-2665. [msia.org](http://msia.org)



108 Free Information

### INTRODUCING OUR NEW LINE: EVOLUTION YOGA SANDALS®

This patented foot therapy spreads the toes and supports the heel all in a comfortable sandal. Promotes balance and body alignment. Unlike other toe separators, Yoga Sandals® exercise the foot muscles naturally, keeping joints and bones flexible. Enjoy foot health while getting a pedicure! Includes a gift tote. Check out our new Comfys (indoor slippers)! Great for feet! Call (866) 964-2726. [yogasandals.com](http://yogasandals.com)



109 Free Information

Get more...  
**free**

Want to learn more about the products and services featured in this issue of *Yoga Journal*? Get connected to valuable information that can enhance your health and yoga lifestyle.

Please turn to page 110 for instructions and a complete list of advertisers. You may also visit [yogajournal.com/freestuff](http://yogajournal.com/freestuff) to request information and catalogs, search by product category, or link directly to advertiser websites.

## classifieds

### Market Place

#### ACCESSORIES

**DOUBLE YOUR FLEXIBILITY** in 28 days! Yoga teacher reveals secrets in a free 7-day email course (it works). [Yoga-Body.com](http://Yoga-Body.com)



**GREAT YOGA GIFTS** Practice straps are pre-sized yoga straps designed to safely deepen poses for all levels. [PracticeStraps.com](http://PracticeStraps.com)

**SWAMIBABYBOUTIQUE.COM** Help a fellow yogi with struggling new business & find great yoga clothes for infant/toddlers as well as adults. Clothing of yogic philosophy. Check it out! [SwamiBabyBoutique.com](http://SwamiBabyBoutique.com)

#### AUDIO & VIDEO

**DVDS & CDS** Bhagavad Gita, Patanjali, and Tantra with Carlos Pomedá, Sally Kempton, Douglas Brooks. "World-class teachers who convey the depth of the yoga tradition in a deeply transformative way."—John Friend. [yogakula.com](http://yogakula.com)

#### HEALTH

**SCIATICA? BACK PAIN?** Relax daily on SACRO WEDGY® "sacral stabilizer." Correct muscle imbalance with gravity! Cost \$29.95. Call (800) 737-9295 or visit [SacroWedgy.com](http://SacroWedgy.com).

#### MEDITATION SUPPLIES

**PRAYER BEADS FOR LIFE'S JOURNEY** Unique prayer beads created from stones, beads, and recycled jewelry. [bottreebeads.com](http://bottreebeads.com)



**GEMSTONE PRAYER BEADS** Custom-crafted real sandalwood & natural healing stones. Free silk mala bag! Call (303) 499-4404. [buddhistmala.com](http://buddhistmala.com)

#### METAPHYSICS

**TEN MINUTES FREE! JANET MCLAREN** Spiritual intuitive. Deeply compassionate. Highly accurate. Previously at Aquarius Books. 20 years' experience. Janet McLaren: (831) 254-2151.

**GET BACK ON YOUR PATH AND FEEL THE JOY AGAIN** Tarot readings and intuitive life coaching. Call (847) 514-6290 or visit [aguidedjourney.com](http://aguidedjourney.com).

**WANT CLARITY, RESULTS?** Astonishing destiny readings by renowned clairvoyant/life coach: Elizabeth. Special rates. (800) 720-5592. [redlotus.org](http://redlotus.org)

**INNANNA—EXPERT PSYCHIC** Powerful, professional, soul-centered readings from the heart. By appointment. VISA/MC. Call (612) 874-8955. [spiritshrine.squarespace.com](http://spiritshrine.squarespace.com)

#### MUSIC

**CUSTOM-BRANDED CDs ORIGINAL MUSIC** for Yoga/Meditation/Relaxation with your logo and advertising. For a free sample and info visit [Primatunes.com](http://Primatunes.com).

[classified09@yogajournal.com](mailto:classified09@yogajournal.com)  
**(415) 591-0604**

## NETWORKING



## OPPORTUNITIES

**START OR ADD TO YOUR EXISTING BUSINESS** Increase sales with patented seating, apparel, totes & more. Sales reps/stores needed. (410) 785-3520. Email [backjackinc@yahoo.com](mailto:backjackinc@yahoo.com). [bjindustriesinc.com](http://bjindustriesinc.com)

## PROFESSIONAL SERVICES

**HIGH TEMPERATURE CONTROL FOR ANY STUDIO** Hot Studios since 1986. Hot Yoga Thermostat (for use with any AC system), 24-volt thermostat heating, cooling or fan. 60–130-degree range. SPECIAL: \$99.99 plus shipping. Call (570) 499-1246. Visit [hotyogastudiodesign.com](http://hotyogastudiodesign.com)

## Schools & Training

### MEDITATION

**AWAKEN KUNDALINI NATURALLY** Authentic, effortless. Spontaneous meditation. Uncommon teachings. Shaktipat diksha with Durga Ma. Call (623) 271-9380. PhoenixMetaphysical@gmail.com. [PhoenixMetaphysicalInstitute.com](http://PhoenixMetaphysicalInstitute.com)

**DOUBT-FREE MEDITATION, FREE MP3 DOWNLOAD!** Teach meditation. Meditate deeply. Home study. "This is the best course I have ever experienced." Foundation, teacher training and Patanjali's Yoga Sutra. CEU certifies. [transformedu.com](http://transformedu.com)

### PERSONAL GROWTH

**YOGA ANATOMY** Perfect for teachers and students! Software specifically designed to teach the anatomy of yoga! Check out [3D-Yoga.com](http://3D-Yoga.com) for more information.

**YOGA TEACHERS: CREATE ABUNDANCE AND BUSINESS SUCCESS** from your hard work and contribution—all while living your yogic dream. Learn the insiders' truth about the yoga business and attracting abundance as a professional teacher. Free e-course. Visit [yogabusinessbootcamp.com](http://yogabusinessbootcamp.com) or call (623) 341-3173 for more information.

## PROFESSIONAL DEGREES

**NATURAL HEALTH COLLEGE DEGREES** Bachelor's, master's, and doctorate programs. Affordable low monthly payments. For a catalogue, call (800) 803-2988. [kcnh.org](http://kcnh.org)

### YOGA

**A GENTLE WAY® TEACHER TRAINING WITH LANITA VARSELL** 200-hour and weekends. Specializing in Plus Size and Health Challenged. Call (619) 698-1170. [gentleway.com](http://gentleway.com)

**YOGA TEACHER TRAINING** (Thailand) Anusara inspired, 200-hour Yoga Alliance–Accredited course. Teach yoga, inspire students, change lives. June 2009. [TeachYogaThailand.com](http://TeachYogaThailand.com)

**CERTIFIED JUICE-FAST COACH TRAINING WITH AMERICAN YOGINI** Add seasonal cleansing to your yoga teaching or healing-arts practice, valuable to your clients and profitable to your studio or private practice. Online course. Call (866) 964-4649 or visit [americanyogini.com](http://americanyogini.com).

**ANANDA SEVA, 200-/500-HOUR YOGA TEACHER/YOGA THERAPY TRAINING** offered two times a year, Santa Rosa, California. YA approved. Call (707) 575-0886 or visit [anandaseva.org](http://anandaseva.org).

**ASHEVILLE YOGA CENTER** Offers 200- and 500-hour YA certification programs: 9 months; 5 days; 23 days. Children's, prenatal, yin, ashtanga, more. North Carolina, Tennessee, Florida. Call (828) 254-0380. [youryoga.com](http://youryoga.com)

**Color Me Yoga® for Children**



200-Hour  
YA Registered School

*Transforming the World  
One Child at a Time*

[www.colormeyoga.com](http://www.colormeyoga.com)

**VINYASA FLOW YOGA TEACHER TRAINING INTENSIVES IN EXOTIC LOCATIONS** 200-hour Yoga Alliance–approved. March 23–April 13 in Bali, or June 15–July 6 in Spain. Excellent faculty. Beautiful environments. Affordable. (413) 776-4188. [froglotusyoga.com](http://froglotusyoga.com). [froglotusyoga@gmail.com](mailto:froglotusyoga@gmail.com)

**TEACHING CHILDREN YOGA** Deepen your practice and share the benefits of yoga with children. 200-hour RYS. Call (312) 324-3119. [globalfamilyyoga.org](http://globalfamilyyoga.org)

**HEAVEN ON EARTH YOGA INSTITUTE** Montreal, 250-/500-hour registered yoga teacher training. Summer intensive & weekend programs. Call (888) 465-2736. [heavenonearthyoga.com](http://heavenonearthyoga.com)

**JENNYOGA** Houston, TX: YA 200-hour, 10-day Vinyasa Yoga Teacher Training Intensive: August 1–11, 2009. 6-month Teacher Training: October 11, 2009. (713) 839-9642. [jennyoga.com](http://jennyoga.com)

**LIVING YOGA PROGRAM** High-quality, compassionate, personalized training. Nondenominational style valuing all yogic traditions. Registered. 200-hour. Austin, Texas. Call (512) 266-7926. [livingyogaprogram.com](http://livingyogaprogram.com)

**CORPORATE-INDIVIDUAL-SMALL GROUPS -NYC** Westchester. Experienced yoga teacher (RYT). Eclectic, flow, fun! Bring yoga to your life today with Nancy! Call (914) 450-0519 or email [nancy@nzuckerhr.com](mailto:nancy@nzuckerhr.com).

**JUDITH HANSON LASATER** Yellow Springs, Ohio; April 25–29. "Experiential Anatomy" for teachers and dedicated practitioners. Contact Patricia Schneider at (937) 767-7727 or email [patricia@brainfingers.com](mailto:patricia@brainfingers.com).

**ROCKY MOUNTAIN INSTITUTE OF YOGA AND AYURVEDA** Colorado's oldest school of yoga and Ayurveda is dedicated to preserving the integrity and wholeness of the ancient traditions of yoga and Ayurveda while exploring their applications to modern society. Certification programs: 250- and 500-hour YTT; 250- and 1,000-hour yoga therapy/Ayurvedic medicine trainings. Call (303) 499-2910 or email [info@rmiya.org](mailto:info@rmiya.org). [rmiya.org](http://rmiya.org)

**SACRED ART YOGA TEACHER TRAINING** YA RYT 200 Honoring all styles of yoga. Exemplary training. Affordable weekend and 9-day sessions. (713) 526-6595. [sacredartyoga.com](http://sacredartyoga.com)

**UNION/YOGA 200-/500-HOUR CERTIFICATION** YA approved. Leelanau County, MI or your site. Proven effective since 1989. Call (888) 881-YOGA. Apply online. [unionyoga.com](http://unionyoga.com)

**SAVANNAH YOGA CENTER** YA 200-hour October teacher training. 8-month program. Extensive and affordable. All levels welcome. Call (912) 232-2994. [savannahyoga.com](http://savannahyoga.com)

**CAROLINE KLEBL'S ASHTANGA YOGA TEACHER TRAINING RETREATS** 200-/500-hour YA approved. April 2009 in Hawaii, August 2009 in Bali. [sourceofyoga.com](http://sourceofyoga.com)

**INTERNATIONAL YOGA ALLIANCE 200-HR CERTIFICATION** Oceanfront retreat. Baja, Mexico. 18- and 26-day residential intensives: \$2630. Call (877) 490-9883. [yoga@yandara.com](mailto:yoga@yandara.com). [yandara.com](http://yandara.com)

## Vacations & Retreats

### EASTERN STATES

**RAW-JUICE FAST** Raw-Juice Fast Spring Yoga and Cleansing Retreat 7/365. We Deliver too! American Yogini. (631) 325-3492. [americanyogini.com](http://americanyogini.com)

**WILDERNESS RETREATS FOR WOMEN** Yoga, canoeing, hiking in Maine, Alaska, Utah. Call (207) 721-9229 or email [journeys@herwildsong.com](mailto:journeys@herwildsong.com). [herwildsong.com](http://herwildsong.com)

**AYURVEDA HEALTH RETREAT & YOGA SPA** Spend a day, a week or longer. Rest, relax and rejuvenate. Call (352) 870-7645. [AyurvedaHealthRetreat.com](http://AyurvedaHealthRetreat.com)

### SOUTHERN STATES

**ANCIENT YOGA CENTER AT BARSANA DHAM ASHRAM** Hold your program in a peaceful, spiritual ashram environment. Experience a yogic lifestyle on 200 acres of gorgeous Texas hill country. Call (512) 923-9464 or email [info@ancientyogacenter.org](mailto:info@ancientyogacenter.org). [ancientyogacenter.org](http://ancientyogacenter.org)

### WESTERN STATES

**TELLURIDE YOGA FESTIVAL** JULY 10-12, 2009  
An incredible yoga experience, in an unforgettable setting.

**DAVID SWENSON • RICHARD FREEMAN  
SCOTT BLOSSOM • SARAH POWERS,  
TIAS LITTLE • ALANNA KAIVALYA & More!**

For detailed information and to register:  
[www.tellurideyogafestival.com](http://www.tellurideyogafestival.com)

### CENTRAL STATES

**ANUSARA YOGA RETREAT AT SUNDANCE** resort in Utah, with Adam Ballenger, Big Hearts in the Mountains luxury yoga event. April 23, 24, 25, 26. Contact Amy at (801) 521-5852. [kulastudio.com/retreat](http://kulastudio.com/retreat)

### CARIBBEAN ISLANDS

**PUERTO RICO 20-ROOM HIDEAWAY** Stunning mountain setting, freshwater pool, morning yoga class. Ideal for individual vacations, retreats, workshops. Call (888) 343-2272. [hotelcasagrande.com](http://hotelcasagrande.com)

**TROPICAL ESCAPES** Real retreats, authentic adventures. Caribbean yoga retreats with guest instructors. Individuals and groups welcome. Call (212) 731-2478. [TropicalEscapes.biz](http://TropicalEscapes.biz)

**SWIMMING WITH WILD DOLPHINS** The ultimate human-dolphin connection. Meditative, healing Caribbean island retreats. Yoga, healthy food, Atlantean legends. (800) 326-1618. [wildquest.com](http://wildquest.com)

### MEXICO

**BAJA RETREAT CENTER NEAR CABO** Stunning beaches, deluxe accommodations, delicious meals, tranquil surroundings, massage, pool, surfing, whale watching, turtle releases, solar powered. Mountains, desert, and ocean converge. [pranadelmar.com](http://pranadelmar.com)

**RETIRO MAYA RETREAT CENTER** Yoga teachers—hold your next retreat in an affordable and eco-friendly paradise. Inquiries: (011) 52 984 127 85 97 or email [retreats@retiromaya.com](mailto:retreats@retiromaya.com). [retiromaya.com](http://retiromaya.com)

**TULUM, YOGA & MEDITATION RETREATS** Feb. 28–Mar. 7, Mar. 8–15, Mar. 22–29, 2009, with Patricia Brown and Surya. Call (888) 666-6412. [rollingmeadowsretreat.com](http://rollingmeadowsretreat.com)

### INTERNATIONAL

**Practice Yoga In Nature**

*Amaterra*  
Costa Rica

- Incredible views from new, open-air studio
- Rejuvenating Wellness Center
- Packages, Retreats & Eco-excursions

1-866-659-3805 [www.amaterra.com](http://www.amaterra.com)

**SOUTH OF FRANCE** July 19–26, 2009. Francois Raoult takes you on a weeklong retreat in Provence-Languedoc. Creative Iyengar Yoga. Lodging in 17th-century hamlet. Great swimming and food! (585) 244-0782. [openskyyoga.com](http://openskyyoga.com)

**SURF & YOGA RETREATS IN COSTA RICA** Learn to surf while enhancing your yoga in paradise. All inclusive. Call (415) 465-2162 or email [info@PuraVidaAdventures.com](mailto:info@PuraVidaAdventures.com). [PuraVidaAdventures.com](http://PuraVidaAdventures.com)

**SOUTH PACIFIC ECO-YOGA** Samoa tours, surf and yoga, girlfriend getaways, plus India Ayurvedic spa and yoga tours. Call (888) YOGA-123. [rawshakti.com](http://rawshakti.com)

**ESCAPE TO COSTA RICA** Visit Sangha Lila yoga-based residential community at [costa-rica-mountain-property.com](http://costa-rica-mountain-property.com). Contact [vidya.bolz@yahoo.com](mailto:vidya.bolz@yahoo.com).

**YOGA HOLIDAYS IN GREECE** Live your dream on the island of Kythira, one of Greece's best-kept secrets. Call (877) 730-5522. [yogaretreatgreece.com](http://yogaretreatgreece.com)

**WORLD FAMILY YOGA RETREATS** Savor Anusara yoga while enchanting program engages kids. Costa Rica, Yucatan, Peru. (707) 826-0239. [worldfamilyyoga.com](http://worldfamilyyoga.com)

**ISSUE DATE**  
June 2009  
August 2009

**DEADLINE**  
March 10, 2009  
April 21, 2009

### CHECK ONE CATEGORY

#### Marketplace

- Accessories
- Aromatherapy
- Arts & Crafts  Astrology
- Audio & Video
- Ayurveda
- Books & Periodicals
- Children  Clothing
- Communities
- Counseling  Events
- Food & Beverages
- For Sale  Health
- Herbs & Supplements
- Home Instruction
- Meditation Supplies
- Metaphysics
- Miscellaneous  Music
- Networking  Nutrition
- Online  Opportunities
- Professional Services
- Real Estate  Software

#### Schools & Training

- Bodywork & Massage
- Healing  Meditation
- Movement
- Personal Growth
- Yoga

#### Vacations & Retreats

- Eastern States
- Southern States
- Central States
- Western States
- Hawaii
- Caribbean Islands
- Mexico
- International

Note: Ads will be positioned at the publisher's discretion. No "personals" please. All ads will be formatted to YJ's standards. No Exceptions.

### AD RATES

BLACK & WHITE	1X	3X	6X	9X
1" Display	\$548	\$527	\$495	\$475

All ads to be set in grayscale or black and white with an exact dimension of 1 inch in height by 2 1/8 inches wide. Send PDF/X1a, 300 ppi TIF, or EPS.

**Text** \$200 first 20 words, \$7 for each add'l word

Type all of your ad copy on a separate sheet to send with this form. Count all words: Cities, states, zip codes, and telephone numbers all count as 1 word each. E-mail addresses count as 2 words; Web addresses count as 3.

NO. OF WORDS	NO. OF INSERTIONS	TOTAL OF CHECK
NAME: _____		
ADDRESS: _____		
CITY/STATE/ZIP: _____		
PHONE: _____		
E-MAIL: _____		

SEND COPY WITH PAYMENT TO:

Yoga Journal Classifieds  
475 Sansome St. Suite 850, San Francisco, CA 94111.

[classified09@yogajournal.com](mailto:classified09@yogajournal.com)  
**(415) 591-0604**

\*RATES AND DEADLINES ARE SUBJECT TO CHANGE.

**FAX YOUR ORDER WITH VISA OR MASTERCARD TO (415) 591-0739.**  
ATTACH SEPARATE SHEET WITH AD COPY.



# Care Giver

**Elise Browning Miller always wanted to help others—yoga taught her to care for herself, so that she could.**

ical, and spiritual dimensions of yoga, and turned her condition into a chance to serve others. Browning Miller, who has been a student of Swami Satchidananda and B. K. S. Iyengar, owns and directs the California Yoga Center in Northern California and offers yoga workshops throughout the world.

**Who has inspired your journey?** A friend gave me Paramahansa Yogananda's *Autobiography of a Yogi*. After reading it, I had a dream. In it, Yogananda told me that I would come to the West Coast and teach yoga. Eventually, I did. My first teacher was Swami Satchidananda, the founder of Integral Yoga. When I was getting my master's in therapeutic recreation at the University of North Carolina, I

**AT 15, ELISE BROWNING MILLER** was diagnosed with scoliosis. Forgoing the recommended surgery, she discovered that yoga kept her pain free. She then embarked on a lifelong journey into the physical, philosophical,

brought Swami Satchidananda there in 1972. More than 1,000 people showed up. He was a bhakti yogi; my heart opened, and he gave me the sense of how to live my life as a yogi. When I came to Iyengar and focused on the asanas, I had a broad perspective.

**Why did you then study with B. K. S. Iyengar?** When I moved to California in 1974, I met Mr. Iyengar. Right away he saw my asymmetry. He gave amazing adjustments with the back of his hand. People thought he was hitting, but to me it was awakening; his attention helped me with alignment. When I went to India to study with him, I thought, "Oh, I'll get all this attention and healing." Well, he ignored me! He thought I needed to gain strength, confidence, and power. He made me do Chaturangas, jumpings, Handstands, Headstands, and backbends I never thought I would do. Two weeks later I was stronger, and that's when he gave me attention.

**What do the two teachers have in common?** They have a love of and devotion to yoga, and they laugh at their own jokes. It's important to see dedicated teachers experience moments of joy.

**How did you come to be a pioneer for using yoga to help people with scoliosis?** Iyengar's attention helped me realize that I needed to give myself attention. I did a lot of yoga in that period after I met him—three to four hours a day—and was just focusing on my back and healing. Self-empowerment is something I emphasize with my students with scoliosis. Yoga helped me avoid surgery. I want to share that.

**What have been obstacles on your spiritual path?** My mother died when I was eight, so I've always wanted to live life fully. I also want to help others. I volunteered in the Peace Corps, and now I want to help people with scoliosis manage pain and see that they have options. But I constantly need to strike a balance between taking care of myself and taking care of others. Swami Satchidananda said to me, "Don't forget to take care of yourself." After my first trip to India, I learned that I needed to nurture and strengthen myself before I could give to others. ■

*For more on Miller's experience with scoliosis and on yoga for scoliosis, see [yogajournal.com/practice/1060](http://yogajournal.com/practice/1060).*

*Sorry, high fructose corn syrup.*

*There's not enough room  
in this granola bar for all of us.*



*At Kashi, we put good stuff in our food so you get good stuff out of it. Thanks to seven whole grains and wholesome ingredients, our granola bars pack more bang in every bite. And fake stuff? It goes home alone. Visit us at [kashi.com](http://kashi.com)*



7 whole grains on a mission™