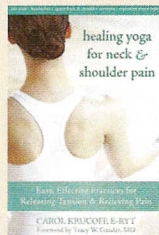


## Personalize Your Practice



### Healing Yoga for Neck & Shoulder Pain

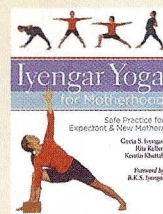
Carol Krucoff

With a well-rounded practice and a touch of philosophy, Krucoff tackles the causes of neck and shoulder pain, from head-forward posture to the feeling of “carrying the weight of the world.” An approachable guide from an experienced yoga therapist, this is a book you can confidently give your aging mother or your skeptical physician. —K.M.

### Iyengar Yoga for Motherhood

Geeta S. Iyengar, Rita Keller, Kerstin Khattab

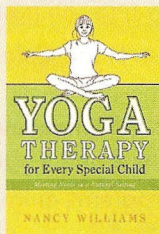
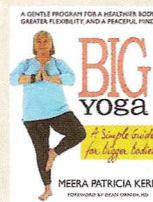
Written by three experienced Iyengar teachers, two of whom are doctors, *Iyengar Yoga for Motherhood* includes prenatal, natal, and postnatal asana and pranayama practices; solutions for common discomforts; and ayurvedic recipes for optimal maternal health. Clear and comprehensive, this holistic guide is highly recommended for moms-to-be and their teachers. —K.H.



### Big Yoga: A Simple Guide for Bigger Bodies

Meera Patricia Kerr

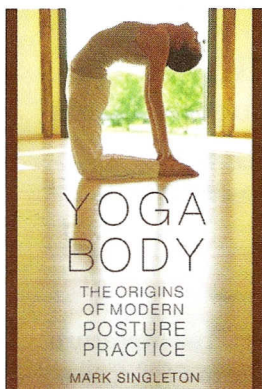
*Big Yoga* is an encouraging reminder that yoga is for everybody. This is no watered-down practice. With the exception of wall and chair alternatives to sun salutations, the content is similar to what you'd find in any introduction to yoga. The key difference: Keer, a “big” woman, models the poses beautifully. —K.M.



### Yoga Therapy for Every Special Child

Nancy Williams

Williams, a pediatric speech and neurodevelopmental therapist, offers a playful mix of poses, breathing, relaxation, and yoga games for children with special needs. It's a one-size-fits-all program with just one chapter on adapting the sequence for specific disorders. What does stand out? The realistic child-friendly practices and spot-on tips for dealing with developmental challenges. —K.M. ■



### Yoga Body: The Origins of Modern Posture Practice

Mark Singleton

In this meticulously researched academic text full of stunning archival photographs, the author reveals hatha yoga, as practiced in the West, to be a product derived from medieval *fakirism*, early 1900s Indian nationalism, vaudeville sideshows, and pre-WWII British women's gymnastics, among other influences. A sympathetic portrayal of Sri Krishnamacharya rounds out the contentious treatise, revealing the father of modern yoga as a sincere practitioner severely compromised by politics and social trends.

—Neal Pollack

### In the Green Kitchen Techniques to Learn by Heart

Alice Waters

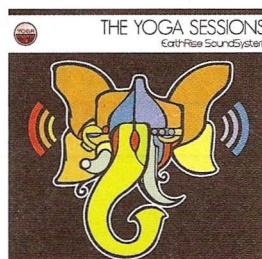
Food legend Alice Waters curates 30 simple but fundamental cooking techniques—from skinning peppers to shucking corn—as presented by famous chefs and foodies during Slow Food Nation, a 2008 celebration of wholesome sustainable eating. Fifty uncomplicated recipes illustrate the methods in this slim but practical resource.

By making raw tomato soup alongside Charlie Trotter and fish soup with Jean-Pierre Moullé, you can refine your



skills and gain the confidence to explore new combinations of fresh, locally grown foods.

—Crystal Ketterhagen



### The Yoga Sessions

EarthRise SoundSystem

New York studio musicians Derek Beres and Duke Mushroom seamlessly mix Thievery Corporation-style dub beats with original guitar, violin, and tabla recordings into something far beyond the syrupy mess that typically passes for “yoga music.” By deploying traditional Sanskrit chanting alongside Hebrew vocals, they call to mind pioneering world-music groups like Disidenten. Even if you believe that yoga should be done in monastic silence, this is still a great chill-out soundtrack for after practice ends. —N.P.