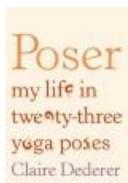


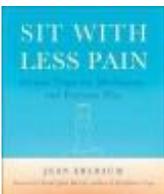
Blaine, S. Yoga for Computer Users

Spending too much time in front of your computer? Here are some easy yoga moves you can use to stretch and move around while you work!



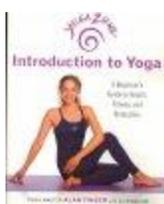
Dederer, C. Poser: My Life in Twenty-three Yoga Poses

After throwing her back out, Dederer was told to try yoga. Over the next decade, she would become fast friends with some poses and develop long-standing feuds with others. Join her on her yoga journey – you may learn a few poses on the way!



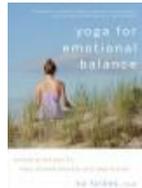
Erlbaum, J. Sit with Less Pain

Make sitting easier on yourself with these easy, gentle yoga moves! Designed for anyone who wants to meditate or just finds themselves sitting down too much.



Finger, A. Yoga Zone Introduction to Yoga

Want to get started with yoga but not sure where to start? Check out this book! This introduction to yoga will teach you the basics you need to know to start practicing with ease!



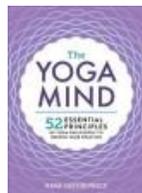
Forbes, B. Yoga for Emotional Balance

Yoga isn't just for exercise – it's great for emotional health too! This book focuses on practicing yoga for mental and emotional health. Get in a great frame of mind with yoga!



Iyengar, B. Light on Life

Yoga's popularity is soaring, but the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In this book, B.K.S. Iyengar brings readers this new and more complete understanding of yoga.



Jakubowicz, R. The Yoga Mind

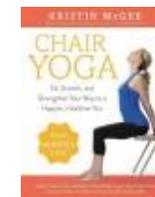
Yoga has a whole philosophy along with the exercises. If you are looking to deepen your practice or are interested in the more philosophical aspects of yoga, this book is for you! A great introduction to yoga philosophy for the beginner.



McCrary, M. Pick Your Yoga Practice

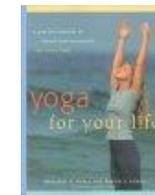
Confused about the different types of yoga? Not sure which one is right for you? Check out this great

introduction to the different types of yoga practice and find out which one you'd like best – or just try all of them!



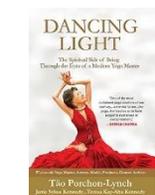
McGee, K. Chair Yoga

Yoga isn't just done on a mat! You can do yoga from the comfort of your chair. Enjoy this guide to easy yoga poses you can do in a chair, proving that yoga is definitely for everyone!



Pierce, M. Yoga for Your Life

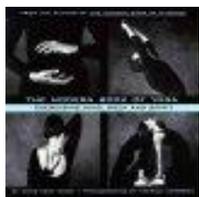
Incorporate yoga into every aspect of your life! Don't have time to go to a studio? Try following this manual, which gives your lessons and pointers for how to do yoga in the middle of your busy lives. From breathing techniques to easy-to-follow motions, anyone from beginner to experienced practitioner can deepen their yoga practice.



Porchon-Lynch, T. Dancing Light

Millions across the globe have been inspired by 97-year-old Tao Porchon-Lynch-- WWII French Resistance fighter, model, actress, film producer, wine connoisseur, competitive ballroom dancer, and yoga master. In 2012, she was named "Oldest Yoga Teacher" by Guinness World Records. Through Tao's reflections, we

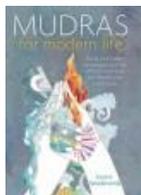
are given the gift of insights from almost a century of wisdom that can be applied to our modern-day challenges.



Rush, A. The Modern Book of Yoga

From the author of The Modern Book of Massage here is the second in this visually

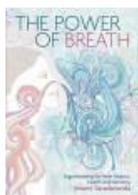
striking series--The Modern Book of Yoga, complete with easy-to-follow yoga techniques and illustrated with handsome black-and-white photos.



Saradananda, S. Mudras for Modern Life

Transform your life through the power of mudras: subtle hand gestures that boost health and

wellbeing. With easy-to-follow instructions, inspiring artworks and informative photographs throughout, this is the definitive illustrated guide to mudras, ideal for experienced yogis and newcomers alike.

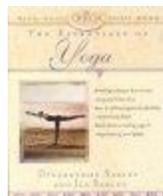


Saradananda, S. The Power of Breath

Renowned yoga teacher Swami Saradananda aims to give gentle yet powerful guidance on the art

of breathing. The introduction explains the basics of breathing and the complex connection between the breath and the subtle body as seen in yogic terms, as well as offering advice

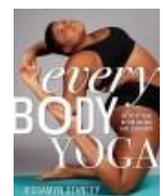
on rediscovering natural breathing and preparing for breathing exercises.



Sarley, D. The Essentials of Yoga

This book opens the door to this calming yet profoundly rejuvenating discipline. It

includes breathing techniques that increase energy and reduce stress, easy-to-follow programs for flexibility and total body fitness and expert advice on making yoga an integral part of your lifestyle.



Stanley, J. Every Body Yoga

An internationally recognized, stereotype-shattering yogi welcomes people of all shapes

and sizes to start practicing yoga with simple instructions for 50 basic yoga poses and 10 sequences and reinforces the idea that yoga is about how someone feels, not looks

Stiles, T. Strala Yoga

Tara Stiles explains the origin and philosophy of this feelings-based style of yoga, which is spreading like wildfire around the world. Strala isn't about strict poses; it's about your body and your abilities. By moving how it feels good to move, readers will not only get a great workout but also release stress, free up space in their minds, and open themselves up to creativity.



## Yoga Month

Center Moriches Free Public Library

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Compiled by Ms. McNulty