

8 ESSENTIAL POSES TO DO AT EVERY AGE

# yoga

JOURNAL

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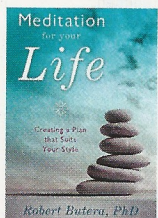
Yoga's most talented musicians and yoga teachers for a multi-day celebration, honors that desire. *The Grace Within You: Live from Sat Nam Fest 2011* was recorded during that magical first gathering.

The album begins with "Hallelujah," a joyous invocation chanted by Snatam Kaur and supported by the encouraging voice of beloved yoga teacher Gurmukh Kaur Khalsa. Mirabai Ceiba's soaring vocals on the energetic call-and-response "Yemaya" pay shimmering homage to the Yoruban orisha (goddess) of the ocean, and in the powerful closing track, "Sat Nam the Grace Within You," hundreds of yogis chant in recognition of the grace within themselves and each other, the ultimate expression of the mantra *Sat nam*. KATHERINE RAE

## peace offering

Meditation for Your Life: Creating a Plan That Suits Your Style | Robert Butera

Llewellyn Worldwide

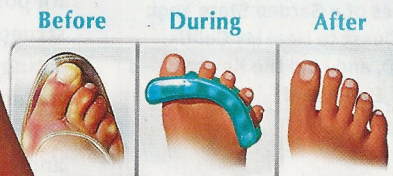
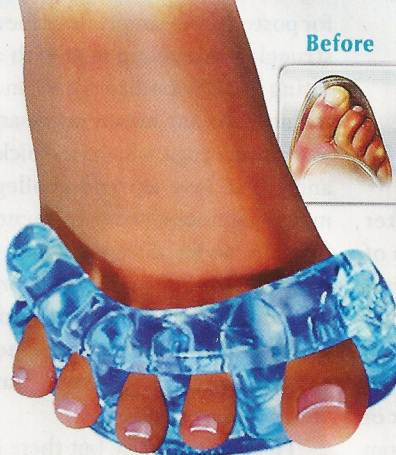


Sages and scientists agree: Meditation can help you cultivate a quiet, peaceful mind. But how do we build a daily practice? In *Meditation for Your Life: Creating a Plan That Suits Your Style*, Robert Butera, the founder of the YogaLife Institute and author of *The Pure Heart of Yoga*, provides a wide range of tools for readers of every temperament. Don't focus exclusively on your sitting practice, advises the longtime meditation teacher, but cultivate "a meditative lifestyle" through proper diet, exercise, pure thinking, and other yogic activities.

Butera offers six types of meditation to pursue, along with exercises and journaling prompts designed to help identify and develop a personal meditation practice. He also offers tips for dealing with emotional issues and other blocks as they arise. While his explanations can be laborious at times, Butera packs his book with insightful information for both beginners and more experienced meditators who want to tailor a practice to their individual needs. This manual can keep


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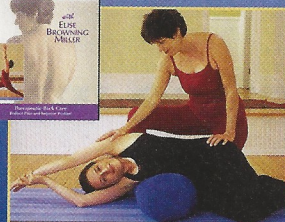
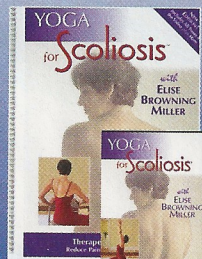
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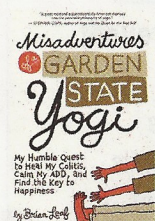


you occupied for months, even years—especially if you refer to it regularly as your practice evolves. S.S.

## wise guy

**Misadventures of a Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness | Brian Leaf**

New World Library



Let's be honest: After the 1946 publication of Paramahansa Yogananda's *Autobiography of a Yogi*, it's been difficult to find a truly meaningful and engaging account of a life in yoga, even with the recent boom in yoga memoirs. Too often, we have to choose between the gravely serious, advanced practitioner attempting to create a timeless addition to the yoga canon or the wide-eyed beginner doing hilarious battle with folding chairs and long days spent in silence.

Finally, there's a terrific book that splits the difference. In *Misadventures of a Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness*, Brian Leaf doesn't aim for posterity; he simply describes how he struggled as a young man with a devastating health condition and undertook to cure it by any means necessary. What worked was yoga, which Leaf picked up—and fell in love with—in college. Like many beginners, he experimented with different styles, different times, and different ways of engaging yoga, practicing as a student, as a teacher, and ultimately, as a healer eager to help others benefit from the good medicine of asana, pranayama, and meditation.

The book is funny, but there is plenty of wisdom here. Leaf's tale unfolds like a trail of delicious bread crumbs leading to the heart of yoga practice. Whether you choose to scarf them down mindlessly or savor every morsel is up to you. But definitely take time to savor Leaf's brilliant self-inquiry. HILLARI DOWDLE ❖

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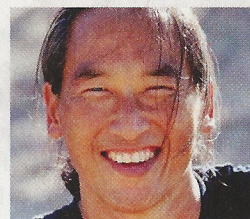
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