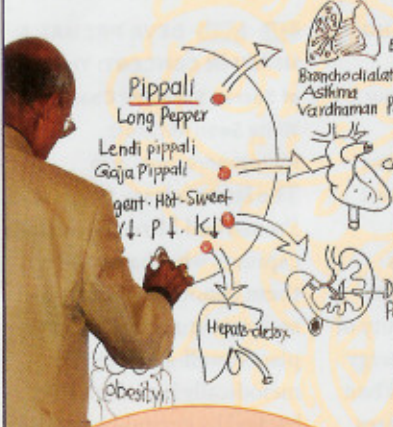


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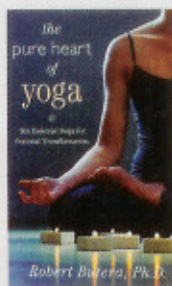
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media

BOOK THE PURE HEART OF YOGA:

Ten Essential Steps for Personal Transformation, by Robert Butera.
Llewellyn Publications; llewellyn.com



Whether you are new to yoga or have already worn out a few mats, in *The Pure Heart of Yoga* Robert Butera delivers valuable instruction to keep more than just your asana practice fresh. Butera, the founder and director of YogaLife Institute in Wayne, Pennsylvania, dives into the psychological and spiritual aspects of yoga. Along the way, he guides you through self-reflection exercises and 10 detailed steps to gain knowledge, joy, and balance in everyday life.

Starting with uplifting methods to develop intention and attitude that align with yogic principles, Butera illustrates how to use postures, pranayama (breathwork), chakras, sense withdrawal and concentration, *bandhas* (locks), and *mudras* (sealing gestures), together with archetypes, to release psychological blocks and ultimately create the opening for personal transformation to occur. He draws upon traditional texts, including the Hatha Yoga Pradipika, as well as his own teaching experience. That he's able to instruct and inspire with a warm heart and skillful direction, without judgment or prejudice about the "style" of your yoga of choice, is good reason to believe this book will bring life to your practice.

JENNIFER RODRIGUE

BOOK THE PASSIONATE MIND

REVISITED: Expanding Personal and Social Awareness, by Joel Kramer and Diana Alstad. North Atlantic Books; northatlanticbooks.com

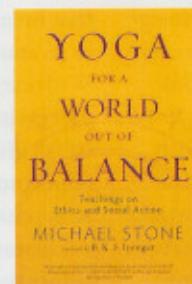


First released in 1974, *The Passionate Mind* explored the functions of the mind and how to divorce perception from cultural conditioning, memory, and secondhand knowledge. The book showed

a new way to be clear, aware, and radically present in the world. It was, in short, a revolutionary manifesto for self-exploration and personal thinking. This revised version reads like a survival guide for the new world order—a manual on how to live consciously and well in a world that seems to be collapsing around us. Economics, ecologies, policies, authorities, establishments—all these Kramer and Alstad use to help us enhance self-inquiry (or, in yogic terms, the practice of *svadhyaya*). The authors urge us to ask ourselves life's most important questions. But this book is not just a call to awareness; it is also a well-reasoned exploration of the human condition. Kramer and Alstad show us that the truth lies within us and that to know it, we must not only be open to it but also listening for it. At the heart of the authors' message is that the changes so desperately needed in today's world must necessarily begin within each of us. H.D.

BOOK YOGA FOR A WORLD OUT

OF BALANCE: Teachings on Ethics and Social Action, by Michael Stone. Shambhala; shambhala.com



Toronto yoga teacher and psychotherapist Michael Stone's new book, *Yoga for a World Out of Balance*, is a thought-provoking exploration of how the five *yamas*, yoga's ethical teachings, offer

a spiritual path that can guide us toward mitigating suffering in our lives. Many writers have traveled a similar road, but Stone is unusually passionate and sophisticated in his approach. To start, he brings an unabashedly historical awareness to yoga. We can't, he writes, simply look to yoga's past for "a complete set of codes or truths that can, like mathematical equations, tell us what to do in every given situation ... The world is too complex, too nuanced." Rather, he explains, yoga is the practice of coming fully in contact with this new moment, over and over and over again—and this new moment includes us and all of our stuff: our