Wherever You Go There You Are: Mindfulness Meditation in Everyday Life - Jon Kabat-Zinn

How Yoga Works: An Introduction to Somatic Yoga - Elenor Criswell

Vanda Scaravelli on Yoga – Esther Meyers

Grace Unfolding: Psychotherapy in the Spirit of the Tao-Te Ching – Greg Johanson & Ron Kurtz

Interview with Ron Kurtz – Donna Martin

*30 Scripts for Relaxation, Imagery and Inner Healing Volumes I & 2 – Julie T. Lusk

*Jon Kabat-Zinn whose latest book, 'Wherever You Go There You Are', has become a best seller and which teaches stress reduction through meditation and Yoga.

*When I came across Eleanor Criswell's book I had already been a yoga devotee for many years, and more recently a student of somatic education, naturally, I was interested in Dr. Criswell's "somatic" perspective on yoga, and how it was different from traditional yoga.

*I always take great pleasure in witnessing people who are at the top of their art form, be it music, painting, dance, therapy, meditation, yoga-whatever. The important factor is that they are living their art form in a truly magnificent manner-when they are not only performing what they have mastered, but they have become it.

*Ron Kurtz, who developed the Hakomi Method of body-centered psychotherapy, and Greg Johanson, senior trainer of the Hakomi Institute, have written this book to illustrate the connection between the ancient principles of the *Tao-Te Ching*, Lao Tzu's Chinese classic, and modern psychotherapy. Written for both therapists and clients, it addresses issues of non-violence, the use of the body in therapy, the importance of mindfulness, and the interrelatedness of all things. The introduction suggests that the reader approach the book in a meditative way and "explore whatever enters your awareness."

*Julie Lusk, yoga teacher, counselor and wellness expert has pulled together in these two volumes a variety of scripts that are useful to anyone in a teaching or helping profession. Her experience and expertise come through strongly in the introductory comments when she talks about preparing people correctly to make the experience safe and comfortable, creating the right atmosphere, using the voice effectively, and using music properly.

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Perspectives on Benefits of Classroom Yoga and the Need for Innovation and Adaptation
Dawn Wells Neely, DMA, Lisa L. Gezon, PhD

A Closer Look at Yoga Nidra: Sleep Lab Protocol
Erica Sharpe, PhD, Alison Lacombe, PhD, Matthew P. Butler, PhD, Douglas Hanes, PhD, Ryan Bradley, ND, MPH

Designing a Yoga Intervention Program to Improve Well-Being for Physician Trainees: Challenges and Lessons Learned
Mara Hoffert, PhD, Holly Kerr, MD, Sara Hegab, MD, Sarah Whitehouse, MAW, Maria Kokas, PhD, Lisa MacLean, MD, Meredith G. Van Harn, MS, Kimberly Baker-Genaw, MD

Editorial
Laura Schmalzl, PhD, Sat Bir Singh Khalsa, PhD

Personalized Yoga Therapy for Multiple Sclerosis: Effect on Symptom Management and Quality of Life
Saraswathi Vasudevan, MSc, Shakuntala Devulapally, MBA, MSc, Kamala Chiravuri, MA, Vidhubala Elangovan, PhD, Niraimathi Kesavan, PhD
The mountain image is only one of many that you may find supports your practice and makes it more vivid and elemental. Images of trees, rivers, clouds, sky can be useful allies as well. The image itself is not fundamental, but it can deepen and expand your view of practice. Some people find the image of a lake particularly helpful.