

YOGATM MAGAZINE

www.yogamagazine.com

LOVE, PEACE & GRATITUDE

ISSUE 226/ FEBRUARY 2022

10 TIPS FOR YOGA TEACHERS

maharshi
patanjali
FATHER OF
MODERN YOGA

MENOPAUSE
६ योग

YOGI
BHAJAN &
KUNDALINI
YOGA

The
YOGA
COUPLE

REAL BEAUTY
THROUGH YOGA



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PORTUGAL €11.00 JAPAN ¥1572.00 UAE AED58

What's HOT!

Christmas Gift Ideas

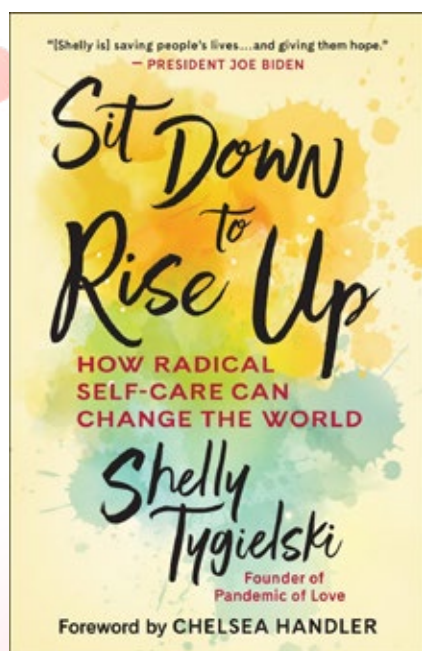
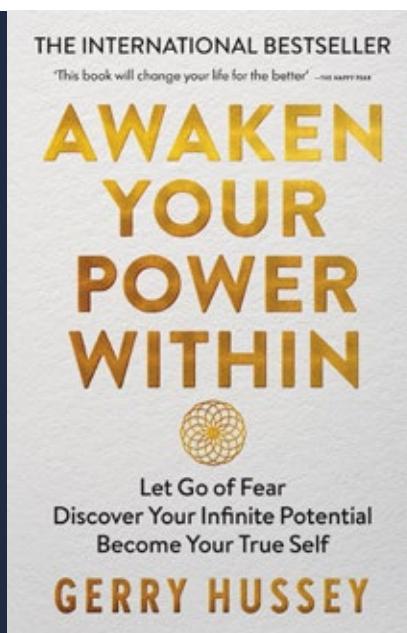
AWAKEN YOUR POWER WITHIN

Gerry Hussey, also known as 'The Soul Coach', is a performance psychologist who has been working in the fields of health and performance for almost twenty years. Gerry has been at the forefront of building high performance teams and individuals in Olympic and professional sport arenas, along with working with corporate organisations and one-on-one coaching for individuals.

'Awaken Your Power Within' is a book grounded in Gerry's own real-life experiences and offers an open and honest account of a little boy who felt like a failure and his journey to self-discovery. Bringing together insights from psychology, neuroscience, gut health, quantum physics, mindfulness and philosophy, the book shows you how to break free from self-destructive habits and thinking patterns and discover the limitless possibilities that are open to all of us.

Gerry seamlessly blends together insights from a wide range of philosophies and disciplines, to create a guide that is incredibly clear and confident, offering something for every reader to take away and practical exercises to support.

Kindle: £6.11
Available at Amazon



SIT DOWN TO RISE UP

Radical self-care activist Shelly Tygielski writes her first book, 'Sit Down to Rise Up: How Radical Self-Care Can Change the World', for all Americans to understand why self-care isn't self-centered, but truly a selfless act.

In Sit Down to Rise Up, author Tygielski goes beyond the story of Pandemic of Love—which has gained her a spot on CNN Heroes and praise from President Biden, among other recognitions—to reveal the roots of her faith in mindfulness and her fervent belief in “showing up,” consistently, for yourself and for each other.

“The premise of this book,” Tygielski states, “is fairly simple: When we are interconnected, when one of us heals, we all heal.” Far from a typical mind/body/spirit book, SIT DOWN TO RISE UP interweaves Shelly Tygielski's guiding philosophy and practical applications with her personal journey of awakening, healing, positive disruption, and transformation.

Hardcover: £ 15.28
Kindle: £ 9.34
Available at Amazon



MASTER YOUR CHRONIC PAIN: A PRACTICAL GUIDE

Chronic pain is a huge problem. It is estimated that between 1/3 and 1/2 of the UK population live with pain, but the science now tells us that medication alone is not the answer to chronic pain. To really move forwards, we need to adopt a more holistic view of pain; we need to consider what else we can put into the 'pain toolbox' to improve the lives of people living with pain.

'*Master Your Chronic Pain: A Practical Guide*' is a book that has been written by Dr Nicola Sherlock, who has spent 20 years working in a pain service in the NHS, and has worked with thousands of patients who have shared their stories.

Each chapter looks at a different aspect of pain management, from the benefits of mindfulness meditation to overcoming a fear of exercise to strategies for improving sleep. The emotional impact of pain is discussed, and practical tips for managing stress, worry, and low mood are given.

Paperback: £18.33

Kindle: £9.99

Available at www.hawksmoorpublishing.com/pain and Amazon

TANTRIC SEX AND MENOPAUSE

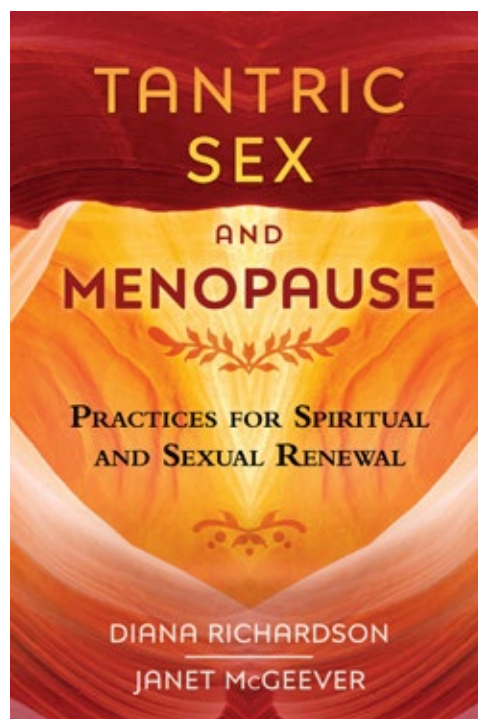
As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. In this book, tantric teachers Diana Richardson and Janet McGeever show that menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings.

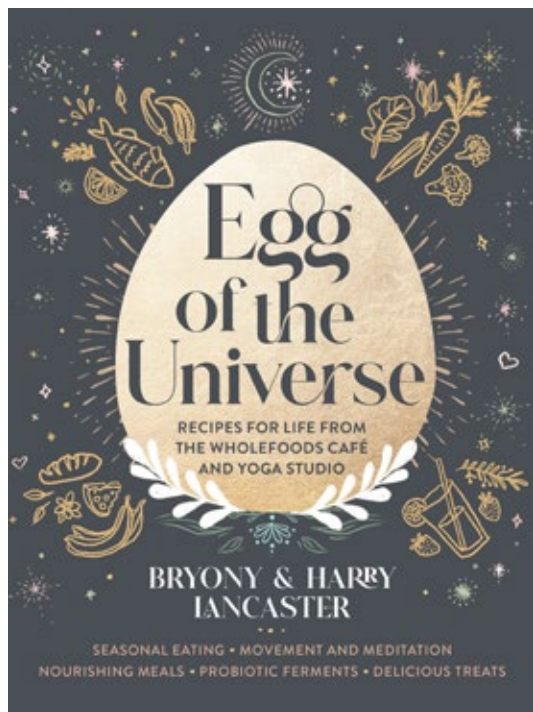
Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond.

Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

Kindle: £ 10.99

Available at Amazon





EGG OF THE UNIVERSE

Embracing their philosophy of better living through nutritious wholefoods and mindful movement, Egg of the Universe shares seasonal, holistic recipes and a way of life for body and soul - with a focus on gut friendly ferments, slow cooking and gluten-free eating. Authors Bryony and Harry Lancaster present over 100 of their most popular recipes for you to recreate at home. There's something here for everyone: light and energising breakfasts, salads bursting with colour and crunch, restorative broths and wholesome slow-cooked braises and curries, plus the pickles, ferments, tonics, homemade breads and healthy sweet treats - all nutritionally balanced to keep your gut and your tastebuds happy. Along with advice on sustainable preparation techniques and wholefood ingredients, Bryony and Harry have included a seasonal program of yoga, meditation and wellness practices to help you connect with the world around you and get the best out of each and every day.

Hardcover: £25.05

Kindle: £17.99

Available at Amazon

YOGA HAPPY: SIMPLE TOOLS AND PRACTICES FOR EVERYDAY CALM & STRENGTH

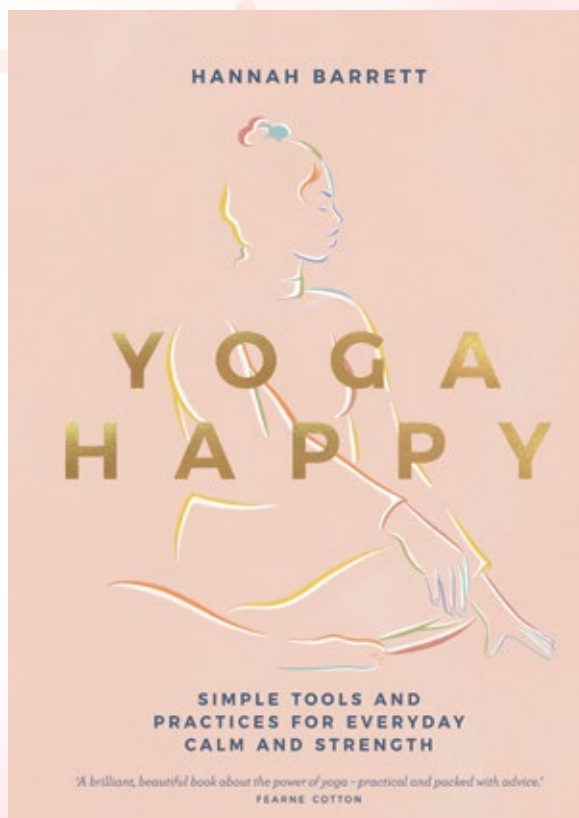
Hannah Barrett is one of the UK's leading online yoga and meditation teachers, who has helped hundreds of thousands of people through her bestselling app, workshops, social media demonstrations and classes. In her first book, Yoga Happy, she encourages you to incorporate key disciplines, thoughts and actions into your everyday life. No matter how little time or space you have, Hannah shows how you can find your energy, reduce stress at home or at work, get a good night's sleep and learn to cope better with whatever life throws at you.

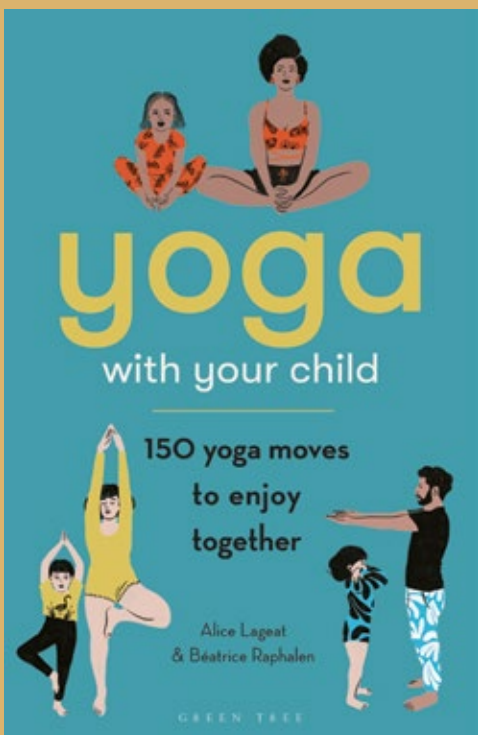
Yoga Happy is an essential companion to help you through life, whether you're a complete yoga beginner or wanting to deepen your home practice. In this beautiful, full-colour book you will find everything you need to build your inner strength, enhance your yoga practice, and help you find calm, happiness and the resilience to navigate the modern world. With short, illustrated yoga sequences adapted for all abilities, breathing techniques, meditations and other proven mindful practices, this book will nourish and support your mind and body.

Hardcover: £22.92

Kindle: £7.63

Available at Amazon





YOGA WITH YOUR CHILD: 150 YOGA MOVES TO ENJOY TOGETHER

Engaging in yoga with your child is a wonderful way of spending time with them and it joyfully enriches and strengthens the parent-child bond. *'Yoga with Your Child'*, written by certified yoga teachers Alice Lageat and Béatrice Raphalen features more than 150 moves and provides everything you need to introduce your offspring to yoga.

Whether you are looking to wake up your body, strengthen your concentration or relax before going to sleep, this book has the practices and techniques that the whole family can enjoy. As well as the physical and relaxation benefits of learning and enjoying yoga together, this beautifully illustrated book, for children four and up, will help any parent show and pass on qualities such as humility, perseverance and patience.

Whether you are looking to wake up your body, strengthen your concentration or relax before going to sleep, *Yoga With Your Child* has the practices and techniques that the whole family can enjoy.

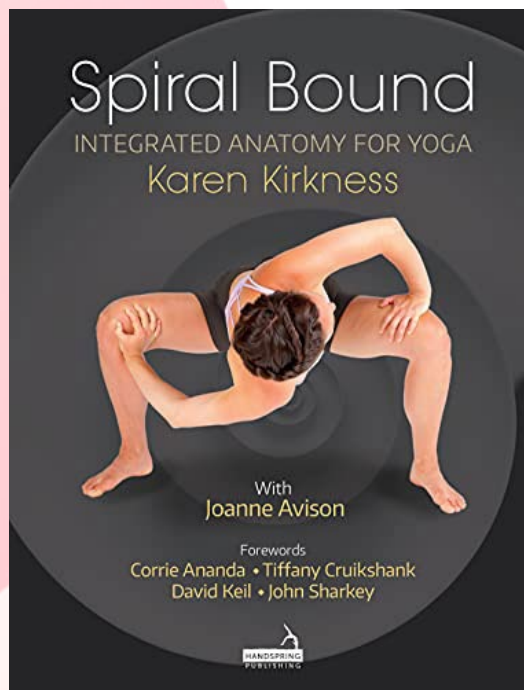
Price: £19.87
Available at Amazon

SPIRAL BOUND: INTEGRATED ANATOMY FOR YOGA

Written by Edinburgh entrepreneur, Meadowlark Yoga studio founder and globally respected yogi, Karen Kirkness, *Spiral Bound: Integrated Anatomy for Yoga* is a semi-academic work richly illustrated with full-colour photographs and drawings that bring spiral anatomy to life for yoga teachers and anyone curious about spirality in anatomy. It studies the physical expression of movement by examining the body's anatomy and movement in terms of its spiral structure.

Author Karen Kirkness weaves together threads of development to see how our morphological constraints arise in the earliest moments of life, and how this rotation lays the spiral groundwork for motion patterns that encompass all tissue.

Price: £38.00
Available at <https://www.handspringpublishing.com/product/spiral-bound-biotensegrity-yoga/> and Amazon



WORDS OF WISDOM

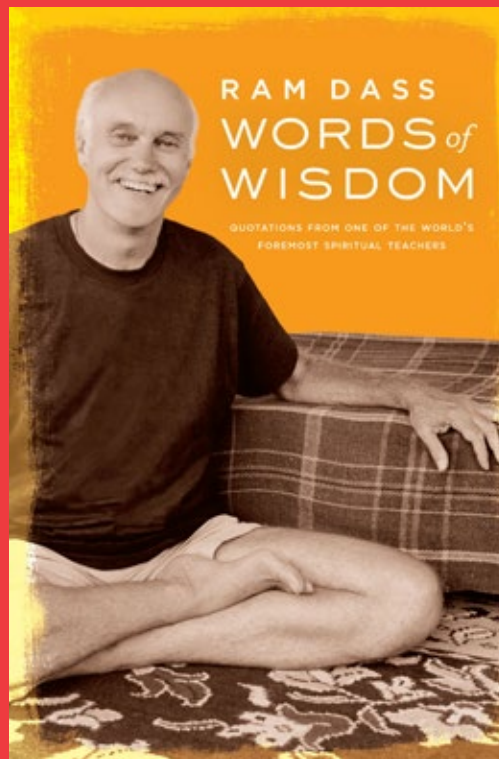
This book is a distillation of spiritual leader and innovator Ram Dass' core essential teachings spanning hundreds of lectures and many hours of audio and video recordings from the last five decades. This anthology celebrates the spark that helped to ignite the flame of grace and Loving Awareness in so many hearts. By the end of his life, Ram Dass was a true conduit for soul connection.

Through five decades of teaching in both the institutional and public realms, Dass has served as a leader in spirituality, psychology, and psychedelia, fusing these elements to embody a purposeful intention of love and joy.

"Do what you can on this plane to relieve suffering by working on yourself to be an instrument for the cessation of suffering."

Hardcover: £8.20

Available at Amazon



THE LITTLE BOOK OF VEGAN BAKES

Holly-Jade - Creator of the award winning baking website- The Little Blog of Vegan has come up with a new book to help you discover how to bake show-stopping, mouth-watering, heart-warming, incredibly delicious vegan cakes and bakes at home with.

The recipes range from the simple (Chocolate Orange Fridge Fudge, Cookies and Cream Cupcakes and Peanut Butter Flapjacks) to the more ambitious (Honeycomb Doughnuts, Cherry Bakewell Tartlets and No-bake

Biscoff Cheesecake) making this a book for anyone and of any ability. Including essential step by step guides to icing and decorating, Holly gives you all the ingredients to take your vegan baking to the next level.

Hardcover: £21.40

Kindle: £10.82

Available at <https://www.penguin.co.uk/books/112/1120177/the-little-book-of-vegan-bakes/9781529108347.html> and Amazon



GET OFF THE COUCH, BEFORE IT'S TOO LATE

This book is perfect for all those who need a helping hand when it comes to appreciating the dangers of being sedentary. With the last 12 years of his eminent medical career focussing on exercise treatment for degenerative diseases, disability and frailty Dr Bethell has developed a loyal following who take his advice.

Through this book he makes an appeal for us all to make regular exercise an essential part of our daily life. The vast majority of us take too little exercise to promote good health, although many believe that they do take enough exercise. As with food we have an exaggerated belief in our

healthy behaviour. The result is that the previously steady increase in life expectancy of the past few decades has fallen recently and the period of poor health and dependence at the end of life has increased.

The really essential message of this book is that if we are insufficiently active, we put ourselves at risk of a number of degenerative diseases. These in turn increase the risk of premature death and of later life frailty. If you want to make a resolution, look no further than getting off the couch before it is too late!

Paperback: £23.08
Available at Amazon



BLACK GARLIC

Good old fashioned garlic is well known for its characteristic taste and host of health benefits. But when it's heated in a specific way, both its taste and chemical make-up change. When heated slowly over the course of a number of weeks, a garlic bulb darkens in colour and becomes known as black garlic. The process changes the taste of the garlic, but also alters its chemical composition. Amongst other things, the heating process increases the amount of a natural chemical in

the garlic called S-allyl cysteine (SAC). This chemical could potentially protect neurons, act as an anti-inflammatory and protect the liver.

Health food specialists Natur Boutique have developed tablets that let you benefit from black garlic, without having to worry about bad breath. Their vegan and vegetarian friendly tablets are formulated to contain a guaranteed amount of SAC, whilst being odourless and convenient.

Price: £8.99

Available at: www.naturboutique.co.uk

SUPERFOOD SAVIORS FROM BIOGLAN SUPERFOODS

Google Trends data showed that as Covid swept the UK, searches for 'food' and 'immune system' rose by 670%, showing a gap in consumer knowledge surrounding how we get the best nutrients to support wellness and fight off bacteria. Aussie superfood brand Bioglan Superfoods is helping the nation get enough nutrients in our diets.

Bioglan Superfoods is a range of supercharged powders and vitamins that are made from the highest quality ingredients. Their two most popular products are the Bioglan Superfoods Superberries and Bioglan Superfoods Digestive Boost.

Superfoods Superberries contains whole host of antioxidant-rich super food ingredients blended to provide both a convenient and tasty product to strengthen our fragile immune systems.

Superfoods Digestive Boost is made with a combination of four key ingredient groups for the ultimate digestive health booster. The cleverly formulated mix of prebiotics, probiotics, enzymes and superfoods in Digestive Boost makes for the perfect supplement for gut health, reinforced



with vitamin B12 to support the immune system and help reduce tiredness and fatigue.

Bioglan Superfoods Superberries. £9.99

Bioglan Superfoods Digestive Boost. £12.99

Available at www.bioglansuperfoods.co.uk

THE AIRHEAD MASK: POLLUTION MASK MADE FOR CYCLISTS

With pollution a huge health concern, especially for city commuters the Airhead team have designed and manufactured a pollution mask to make people feel safe on their journeys to the office.

The Airhead mask is the brainchild of active and outdoor enthusiasts Harry, Alex, and Elliot, who enlisted the help of a team of researchers and scientists from Brunel University. The Airhead mask combines personality with real, research-backed innovation and is capable of blocking PM2.5 particulates from the air, as well as tiny particles down to 0.3 microns in diameter. The filters demonstrate

particulate filtration efficiency of >99% and contain an activated carbon layer to combat harmful gases found in city air.

Crucially, the Airhead mask features a TPE seal to ensure no air leakage, as well as rear-facing valves to quickly move hot air away from the face. Although designed specifically to protect the wearer from city pollution, the mask also comes with exhalation valve blockers, to make it suitable for use as a Covid face covering in crowded places.

Price: £89

Available at www.airhead.cc/products/the-mask/



PINK BLUSH YOGA BAG

It can be a pain to arrive at a yoga class and borrow a used mat that you might not feel comfortable with, especially with the extra hygiene precautions in the world we live in today.

The Pink Blush yoga bag is handmade in Madagascar, using modern African Wax (Ankara fabric or Kitenge) and cotton through a traditional production

method called batik, an ancient art from Indonesia brought to Africa in the 1880s. This bag fits a regular-sized yoga mat, the handle is adjustable, and the bag also features a front pocket with a zip to store your essentials.

Whether you are heading to the studio, the park or road tripping around the world, this yoga bag is the ultimate accessory for your travels.

Each yoga bag features the beauty of African styles with a unique pattern and vibrant colours to brighten your mood. They are fun to wear, resistant to bad weather, and can be worn across your shoulders.

Price: £45

Available at www.ladinayoga.com

