



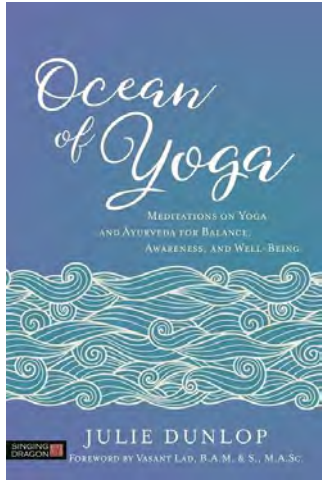
WOODSLANE
Health

YOGA RESOURCES

NEW AND BESTSELLING BOOKS

December 2023

www.woodslanehealth.com.au



Ocean of Yoga

By Julie Dunlop, Vasant Lad

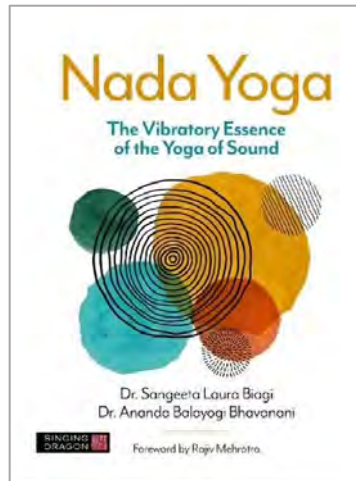


Explore the vastness of yoga through the art of meditation. This collection offers short readings on a variety of yoga-related themes, including the eight limbs, the seven chakras, and yoga's sister science, Ayurveda.

SINGING DRAGON

Disc: TEXT
227 X 153 mm
Release Date: January 2018
9781848193604

Paperback
336 pages
AUD\$: 35.99



Nada Yoga

By Dr Sangeeta Biagi, Ananda Balayogi Bhavanani

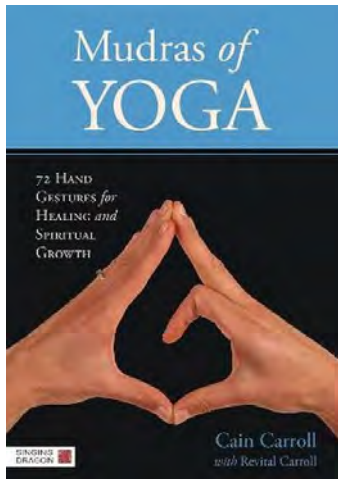


This contemporary manual offers comprehensive guidance on the complex practice of Nada Yoga, also known as the Yoga of Sound. It approaches the topic in a contemporary, multimedia manner.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: February 2024
9781839974502

Paperback
224 pages
COLOUR SECTION(S)
AUD\$: 48.99



Mudras of Indian Yoga

By Cain Carroll, Revital Carroll

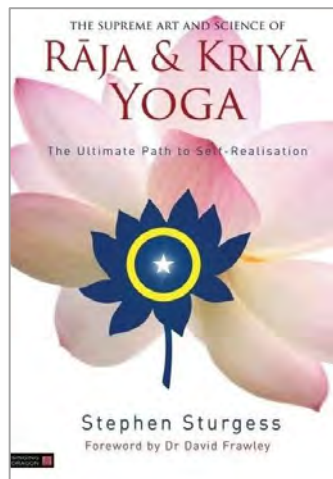


Cain Carroll teaches yoga, qigong, meditation and self-healing worldwide. He has trained extensively under the guidance of Daoist, Buddhist and Indian Yoga masters.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
150 X 105 mm
Release Date: December 2013
9781848191761

Kit
70 pages
AUD\$: 45.99



The Supreme Art and Science of Raja and Kriya Yoga

By Stephen Sturgess, David Frawley

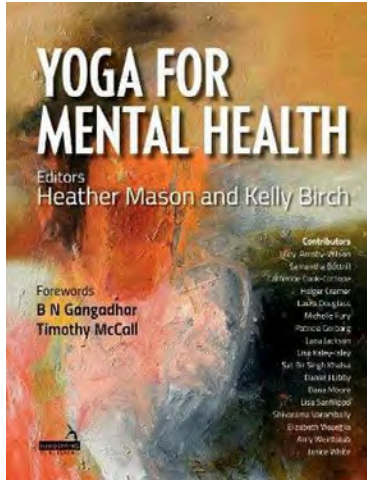


Stephen Sturgess draws on decades of study and practice to present a comprehensive and engaging account of Raja and Kriya Yoga.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: February 2023
9781839977596

Paperback
536 pages
AUD\$: 99.99



Yoga for Mental Health

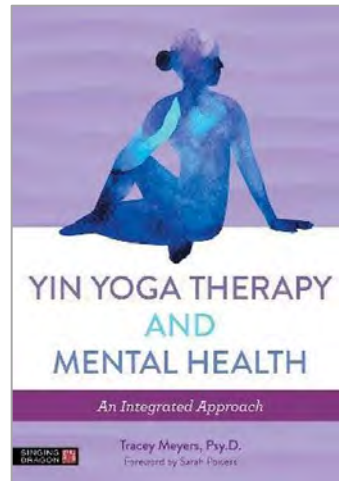
By Heather Mason, Kelly Birch



This book is a guide to how and why yoga can be used as an adjunct treatment in mental health.

HANDSPRING PUBLISHING
 Disc: ACAD & PROFESSIONAL
 245 X 190 mm
 Release Date: January 2019
9781909141353

Paperback
 244 pages
AUD\$: 86.99



**Yin Yoga Therapy and Mental Health
 An Integrated Approach**

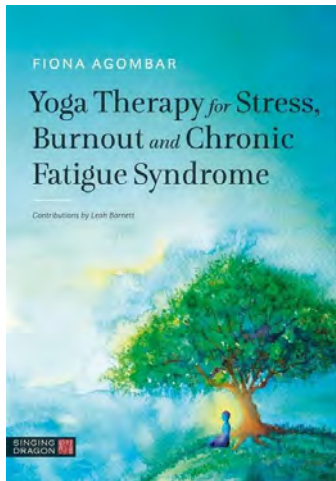
By Tracey Meyers



A highly illustrated guide to integrating Yin Yoga into treatment plans for substance abuse and mental health conditions. Yoga therapists, yoga teachers and mental health professionals will learn how to use accessible techniques.

SINGING DRAGON
 Disc: ACAD & PROFESSIONAL
 229 X 152 mm
 Release Date: September 2022
9781848194151

Paperback
 304 pages
 B&W THROUGHOUT
AUD\$: 61.99



Yoga Therapy for Stress, Burnout and Chronic Fatigue Syndrome

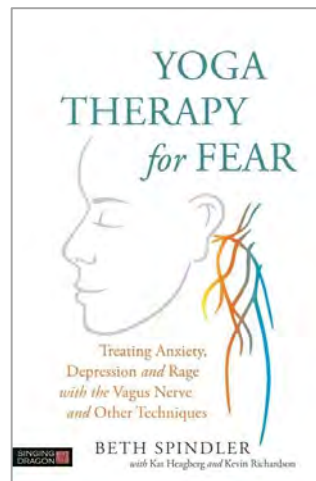
By Fiona Agombar, Leah Barnett



With instructions for yoga therapists and yoga teachers on helping to alleviate exhaustion and stress, Fiona Agombar looks at how modern-day living exacerbates stress and its manifestation.

SINGING DRAGON
 Disc: ACAD & PROFESSIONAL
 100 X 100 mm
 Release Date: February 2021
9781848192775

Paperback
 288 pages
AUD\$: 61.99



Yoga Therapy for Fear

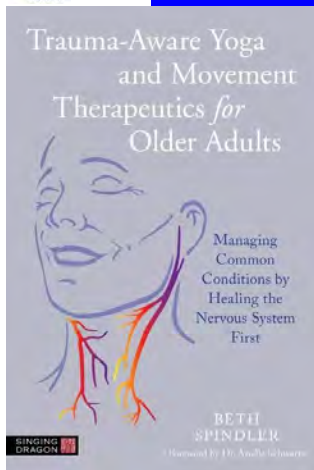
By Beth Spindler, Kat Heagberg



Beth Spindler, C-IAYT, ERYT, is a practicing yoga therapist in the Greater New York Area. She writes and teaches for Yoga International Publications and offers workshops, training and seminars worldwide.

SINGING DRAGON
 Disc: TRADE INTERNATIONAL
 226 X 150 mm
 Release Date: August 2018
9781848193741

Paperback
 240 pages
AUD\$: 77.99



NEW

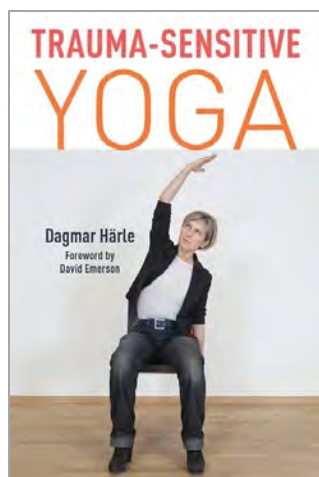
Trauma-Aware Yoga and Movement Therapeutics for Older Adults

Managing Common Conditions by Healing the Nervous System First

By Beth Spindler, Dr Arielle Schwartz

Discover the yoga and movement therapies at the heart of health in later life through this accessible guide for teachers and therapists. Beth Spindler has devised innovative movement practices based around acknowledging the trauma and vulnerability that come with a lifetime of memories. Trauma can exacerbate the effects of illnesses and conditions common in older adults, including depression, dementia, Parkinson's and arthritis. The movement and yoga therapeutics in this volume take a holistic approach to healing trauma alongside gentle practices to aide in managing symptoms in later life. Each chapter takes on a different condition or situation, explores how they can relate to trauma, and provides both the physical movement and the breathing exercises to address the issue.

SINGING DRAGON
 Disc: TRADE INTERNATIONAL
 Paperback
 229 X 152 mm
 256 Pages
 B&W THROUGHOUT
 Rel Date: July 2023
9781839974526
AUD\$: 71.99

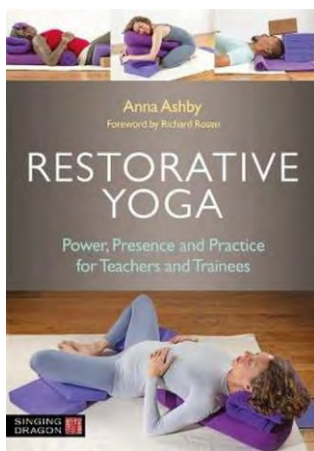


Trauma-Sensitive Yoga

By Dagmar Harle, David Emerson

Traumatic events are more than a narrative or singular event in a person's life; the body remembers traumatic events and can experience them over and over, even after many years have passed. This book shows how trauma-sensitive yoga can be used in individual therapy and in groups to overcome trauma, by calming the nervous system and helping people to come out of dissociative states. The book also shows teachers how to detect when certain postures trigger anxiety and offers ways to support healing in general yoga classes. Drawing on her experience as both trauma therapist and yoga teacher, the author focuses on the body-mind connection and presents asanas and breathing exercises that can help traumatised patients re-engage and take control of their bodies.

JESSICA KINGSLEY PUBLISHERS
 Disc: TRADE INTERNATIONAL
 Paperback
 226 X 152 mm
 304 Pages
 Rel Date: August 2017
9781848193468
AUD\$: 71.99



Restorative Yoga

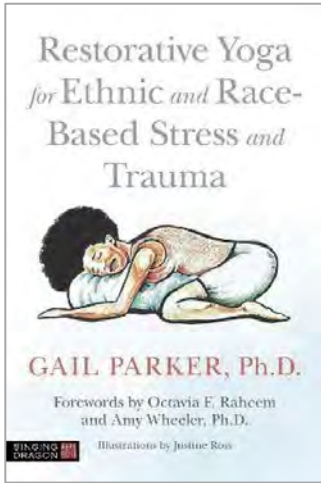
Power, Presence and Practice for Teachers and Trainees

By Anna Ashby, Richard Rosen

From Anna Ashby, one of the first yoga teachers in the UK to offer this style, comes a complete overview of restorative yoga for teachers, trainees and experienced students. Arranged into three sections, the book is designed to help readers understand the history, purpose and characteristics of the practice; its feel and expression with an emphasis on breath, process and introspection; and how to structure a successful practice. Each section ends with self-enquiry and breath exploration so teachers can practically apply the knowledge shared in each chapter and build a framework for a successful teaching practice.

SINGING DRAGON
 MIND, BODY, SPIRIT
 Disc: TRADE INTERNATIONAL
 Paperback
 246 X 173 mm
 256 Pages
 COLOUR SECTION(S)
 Rel Date: June 2022
9781787757394
AUD\$: 65.99





Restorative Yoga for Ethnic and Race-Based Stress and Trauma

By Gail Parker, Justine Ross



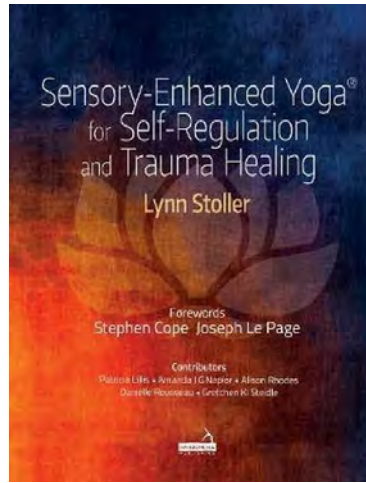
Offering a race-informed therapeutic approach to yoga, this book invites yoga professionals to consider the psychological impact of ethnic and race-based stress and trauma.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
228 X 152 mm
Release Date: October 2020
9781787751859

Paperback
224 pages

AUD\$: 77.99



Sensory-Enhanced Yoga (R) for Self-regulation and Trauma Healing

By Carolyn Stoller

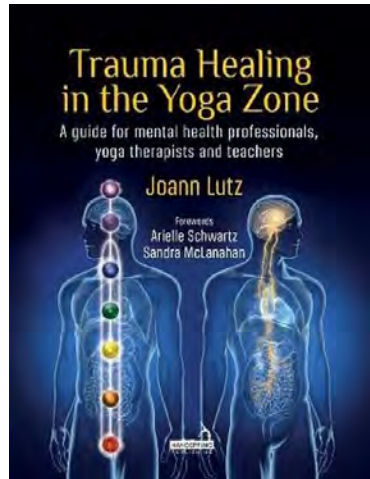


Lynn Stoller, OT, MS, OTR, C-IAYT, RYT500, E-RYT200 and outstanding expert contributors skilfully synthesize theoretical concepts and research findings from the fields of occupational therapy, trauma psychology and more.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: October 2019
9781912085132

Paperback
296 pages
B&W THROUGHOUT
AUD\$: 86.99



Trauma Healing in the Yoga Zone

By Joann Lutz

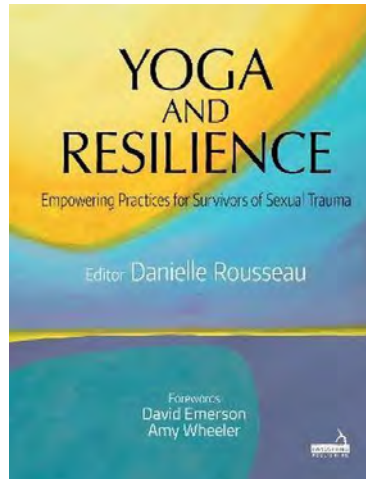


The book describes an original model of nervous-system informed, trauma-sensitive yoga, a synthesis of classic yoga, somatic psychotherapy, and neuroscience research.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: September 2021
9781912085071

Paperback
160 pages
B&W THROUGHOUT
AUD\$: 68.99



Yoga and Resilience

By Danielle Rousseau

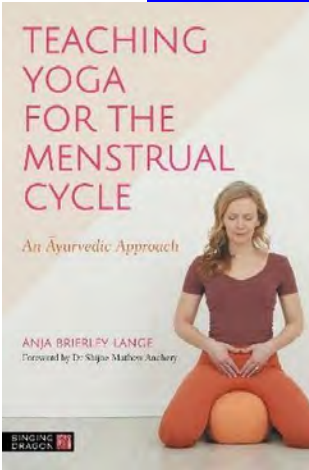


Yoga and Resilience is part of a larger series put out by the Yoga Service Council in collaboration with the Omega Institute.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: September 2020
9781912085934

Paperback
288 pages
AUD\$: 86.99



NEW

Teaching Yoga for the Menstrual Cycle

An Ayurvedic Approach

By *Anja Brierley Lange*

Menstrual cycle awareness is crucially important when trying to understand the needs of your yoga students and this guide will give you the knowledge you need to confidently address the menstrual cycle when teaching students in group and one-on-one settings via the principles of both western and Ayurvedic approaches. This book addresses the importance of the menstrual cycle and how Ayurvedic principles can best be applied to understand the anatomical, physiological and hormonal changes that take place during different stages and weeks throughout the menstrual cycle. Anja Brierley Lange highlights the purpose and importance of each phase of the menstrual cycle and how yoga teaching can and should be tailored accordingly to your students menstrual needs.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL

Paperback

229 X 152 mm

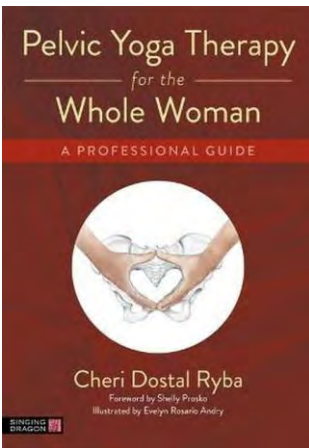
224 Pages

NOT ILLUSTRATED

Rel Date: January 2023

9781839972478

AUD\$: 56.99



Pelvic Yoga Therapy for the Whole Woman

A Professional Guide

By *Cheri Dostal Ryba, Shelly Prosko*

Focusing on women's pelvic health through yoga therapy, this evidence-based resource covers the intersections of biomechanics, self-study through yoga philosophy, emotional resilience, pain science and dynamic strategies for pelvic embodiment. Integrating pedagogical frameworks that differentiate yoga therapy from pelvic floor physical therapy, the book demonstrates how they can work together by including somatic education and case studies. It also covers breath patterns, mental constructs and conditioning, and baseline body awareness - taking the practitioner through the journey of self-assessment, building the therapeutic relationship and ongoing embodied practice.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL

Paperback

254 X 178 mm

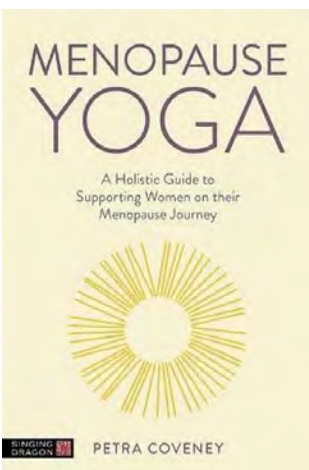
320 Pages

B&W THROUGHOUT

Rel Date: May 2022

9781787756649

AUD\$: 66.99



Menopause Yoga

A Holistic Guide to Supporting Women on Their Menopause Journey

By *Petra Coveney, Dr Louise Newson*

Bringing together western medical science and eastern wellbeing for menopause education, this book helps yoga teachers develop their understanding of menopause and women's health as well as support their students. Petra Coveney - creator of *Menopause Yoga* (TM) - shares yoga, breath and meditation practices, poses, and CBT and self-enquiry methods to manage menopause symptoms. Her book helps to educate and empower women going through menopause, allowing them to embrace it as an opportunity for self-growth. It includes three main yoga sequences that focus on managing specific groups of symptoms, as well as additional sequences for sleep, menorage, and osteopenia. It is also the dedicated resource for yoga teachers who want to teach *Menopause Yoga* (TM).

SINGING DRAGON

Disc: ACAD & PROFESSIONAL

Paperback

229 X 152 mm

256 Pages

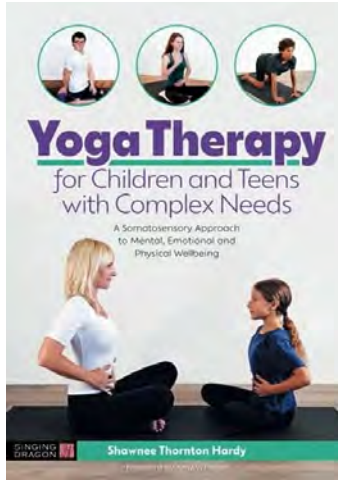
B&W THROUGHOUT

Rel Date: February 2022

9781787758896

AUD\$: 56.99





Yoga Therapy for Children and Teens with Complex Needs

*By Shawnee Thornton
Thornton Hardy, Amy
Wheeler*

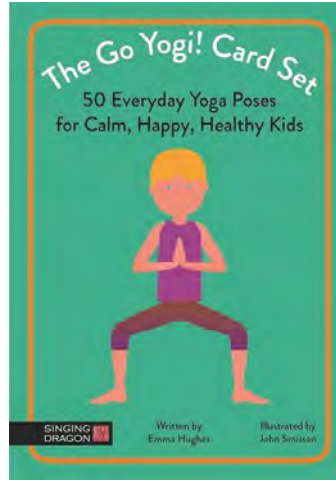


This is a comprehensive and inclusive guide that explores how yoga therapy can be practiced with children and teens with complex needs and conditions including autism and other neuro differences, trauma, depression, and more.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
246 X 173 mm
Release Date: September 2023
9781787752252

Paperback
384 pages
B&W THROUGHOUT
AUD\$: 55.99



Go Yogi! Card Set

*By Emma Hughes, John
Smisson*



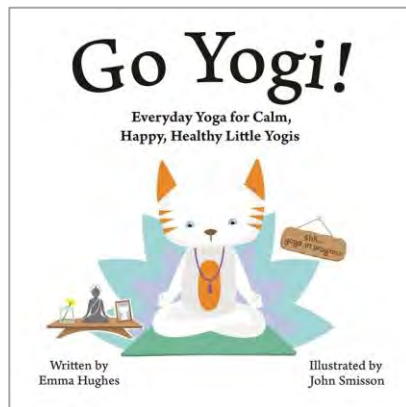
Learn which way to bend your legs to sit like a lotus, how to balance in boat pose, and spread your arms wide to stand like a warrior! Children aged 4+ can use these fun flash cards to learn how to do 50 common yoga poses.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
150 X 150 mm
Release Date: December 2017
9781848193703

Kit
50 pages

AUD\$: 45.99



Go Yogi!

*By Emma Hughes, John
Smisson*

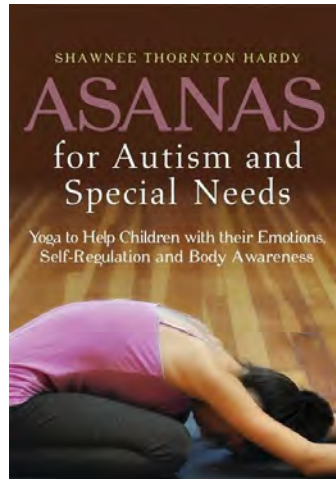


Can you touch your toes? Or balance on one leg? Learn to calm your body and put your mind at ease alongside Flo the cat and Mack the monkey as they show you the different yoga poses.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
220 X 213 mm
Release Date: May 2017
9781848193413

Hardback
48 pages
AUD\$: 31.99



Asanas for Autism and Special Needs

*By Shawnee Thornton
Thornton Hardy*



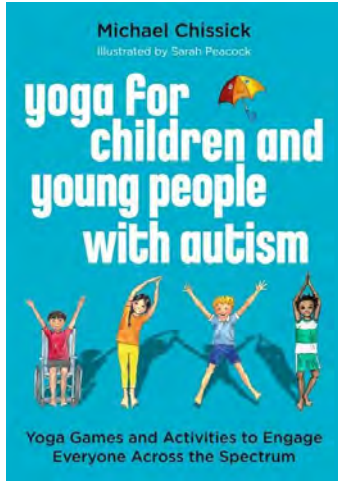
Teaching yoga to children with Autism Spectrum Disorder and other special needs is easy using this visual how-to handbook. Breaking down yoga instruction pose by pose, body part by body part, breath by breath.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
244 X 172 mm
Release Date: February 2015
9781849059886

Paperback
208 pages

AUD\$: 42.99



Yoga for Children and Young People with Autism

By Michael Chissick, Sarah Peacock



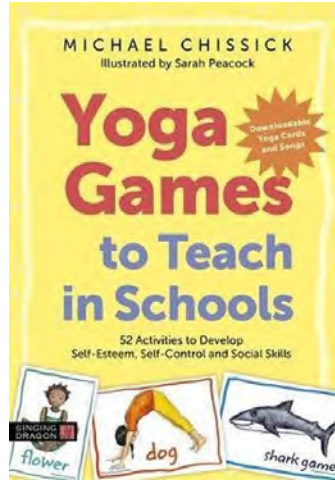
Michael Chissick has been teaching yoga to children in primary mainstream and special needs schools as part of the curriculum since 1999.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
247 X 175 mm
Release Date: April 2019
9781785926792

Paperback
136 pages

AUD\$: 42.99



Yoga Games to Teach in Schools

By Michael Chissick



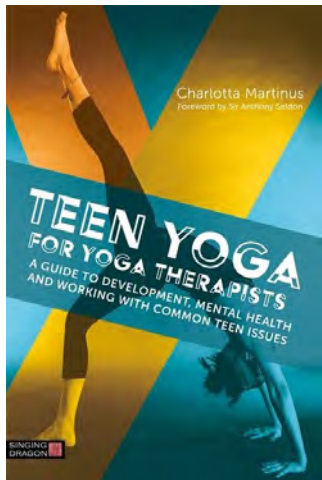
From games such as Knock Down the Tower and Yoga Detective, to simple sequences and the Ladybird Relaxation, experience the benefits of incorporating yoga in the school day.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
244 X 172 mm
Release Date: October 2020
9781787756281

Paperback
112 pages

AUD\$: 42.99



Teen Yoga For Yoga Therapists

By Charlotta Martinus, Anthony Seldon



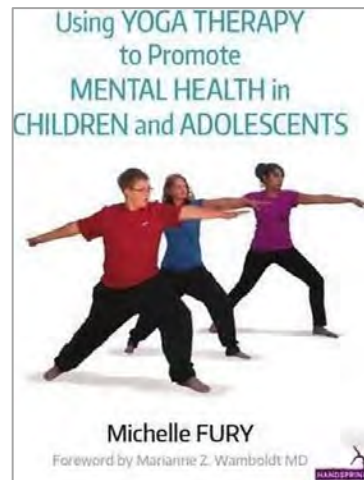
Help teens access the therapeutic power of yoga and mindfulness in their daily lives with this guide. Explaining the science of yoga and how this ties in with adolescent physical and neurological development.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
226 X 152 mm
Release Date: October 2018
9781848193994

Paperback
248 pages

AUD\$: 71.99



Using Yoga Therapy to Promote Mental Health in Children and Adolescents

By Michelle Furie

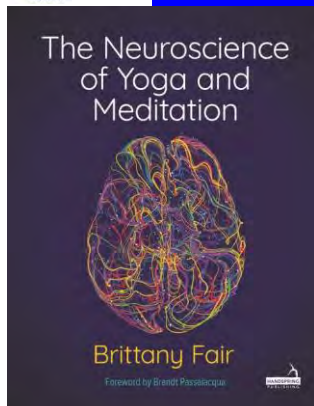


The book will outline a framework of clinical yoga therapy practice for mental health problems that addresses the whole child, rather than solely their symptoms.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: August 2015
9781909141193

Paperback
144 pages
B&W THROUGHOUT
AUD\$: 69.99



NEW

The Neuroscience of Yoga and Meditation

By **Brittany Fair**

The Neuroscience of Yoga and Meditation is an accessible introduction to how yoga and meditation affect the brain. Each chapter will guide the reader through the latest yoga and meditation research and break down complex topics into easily digestible points. The book also explores the current limitations in studying these practices and offers tools for interpreting scientific literature. The material is also broken up with "fun facts" and "common myths about the brain" to keep the reader engaged. And the book includes meditations and movement routines that yogis can incorporate into their practices in order to activate specific regions of the brain. Importantly, the chapters include ideas and techniques for integrating the science with your mind-body practice. *The Neuroscience of Yoga and Meditation* is a must-have for any yoga teacher, yoga therapist or yogi who is interested in how their contemplative practice affects the brain.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL

Paperback

246 X 189 mm

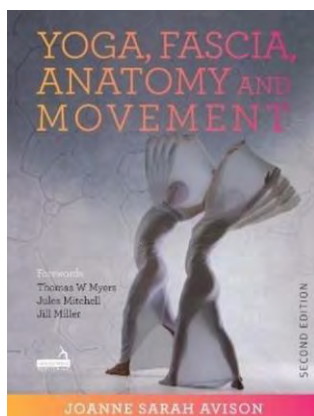
192 Pages

COLOUR SECTION(S)

Rel Date: October 2023

9781913426439

AUD\$: 83.99



Yoga, Fascia, Anatomy and Movement, Second edition

By **Joanne Avison**

Yoga, Fascia, Anatomy and Movement was written partly as an appeal for Yoga Teachers to appreciate the depth and breadth of Yoga as a science, a movement practice and a philosophy that fundamentally espouses "wholeness" as the basis of living anatomy and form. Yoga calls for unifying who and how we are; and as teachers - how we can help our clients (who are all different) move better. Classical Anatomy (in the West) divides the body down into its component parts and traditionally (unchanged for 400 years) reduces its functionality to those parts; usually described in a 2D iconic forms and founded in lever-based mechanics.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL

Paperback

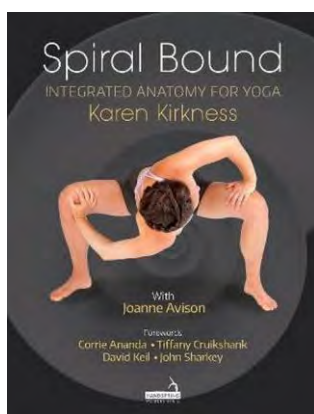
245 X 190 mm

436 Pages

Rel Date: August 2021

9781913426040

AUD\$: 127.00



Spiral Bound Integrated Anatomy for Yoga

By **Karen Kirkness**

Spiral Bound explores the potential for yoga as a healing modality by examining the body's anatomical structure as it has evolved embryonically. With a light touch approach, Karen 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 rotational kinematics that encompass all tissue. This book sets out to link theory with practice, all at a conversational level richly illustrated with full-color photographs and drawings that bring the biomotion to life for practitioners and teachers of yoga. This book for anyone seeking to simplify the parts-list pedagogy of classical anatomy with contemporary research in fascia literature for an integrated approach especially suitable to postural yoga.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL

Paperback

245 X 190 mm

280 Pages

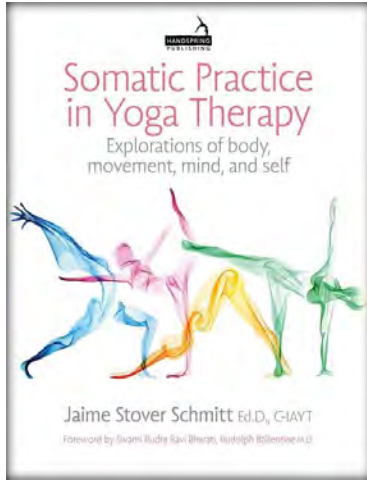
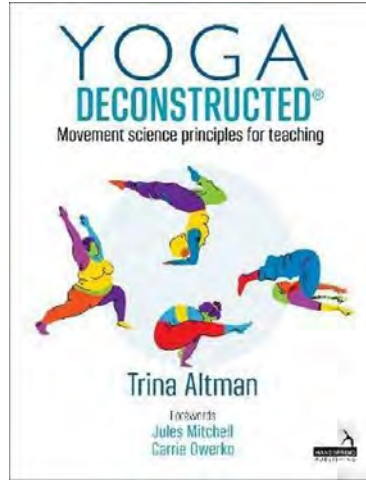
COLOUR SECTION(S)

Rel Date: December 2021

9781912085033

AUD\$: 94.99



**Somatic Practice in Yoga Therapy****By Jaime Stover Schmitt****Yoga Deconstructed****By Trina Altman**

One value of yoga therapy is its ability to bring us to our senses-figuratively and literally. Inner body sensing and the knowing it evokes is a large part of how we become aware of what we need to attend to and work on in our growth.

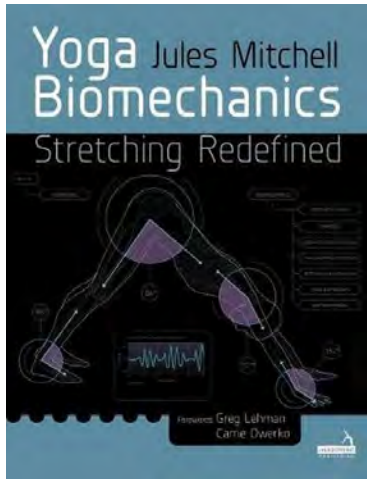
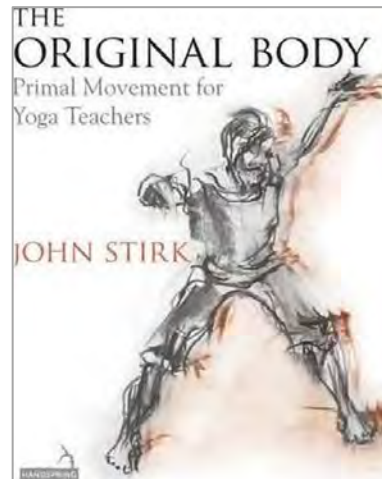
Many people are drawn to a physical yoga practice as a way to reduce stress and move more. However, because most of their time is spent at a desk, their bodies are often not prepared to perform many of the traditional physical poses.

HANDSPRING PUBLISHING
Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: January 2024
9781913426514

Paperback
304 pages
AUD\$: 81.99

HANDSPRING PUBLISHING
Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: February 2021
9781912085446

Paperback
288 pages
B&W THROUGHOUT
AUD\$: 74.99

**Yoga Biomechanics****By Jules Mitchell****The Original Body****By John Stirk**

Yoga Biomechanics: Stretching Redefined provides a unique evidence-based exploration into the complexities of human movement and what a safe, effective yoga practice entails.

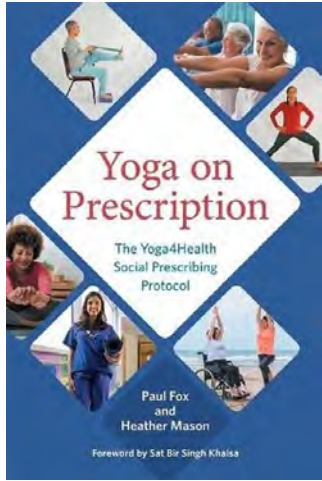
This book enables yoga teachers to inform and enrich their teaching by deepening their practice. *"The Original Body"* suggests that cultivating the ability to feel more deeply and intelligently into oneself.

HANDSPRING PUBLISHING
Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: May 2019
9781909141612

Paperback
272 pages
B&W THROUGHOUT
AUD\$: 99.99

HANDSPRING PUBLISHING
Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: December 2015
9781909141254

Paperback
224 pages
AUD\$: 79.99



Yoga on Prescription

By Paul Fox, Heather Mason

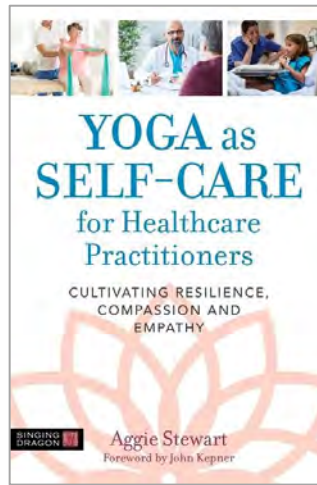


Exploring the benefits of yoga on social prescription, this book details the 10-week Yoga4Health social prescribing programme developed by the Yoga In Healthcare Alliance.

JESSICA KINGSLEY PUBLISHERS

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: August 2022
9781787759756

Paperback
256 pages
B&W THROUGHOUT
AUD\$: 77.99



Yoga as Self-Care for Healthcare Practitioners

By Aggie Stewart



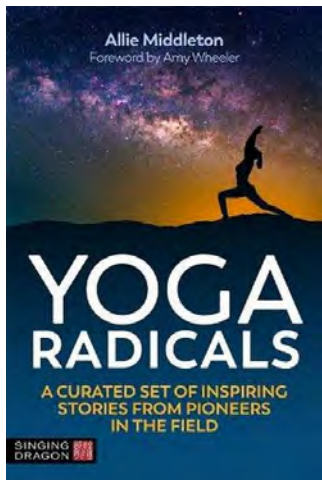
An introduction for healthcare practitioners on using yoga to help manage stress and reach one's full potential. The importance of self-care to prevent burnout and stress is increasingly recognised within healthcare professions.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
226 X 152 mm
Release Date: October 2019
9781848193963

Paperback
224 pages
AUD\$: 65.99

YOGA PRACTICE



Yoga Radicals

By Allie Middleton, Amy Wheeler

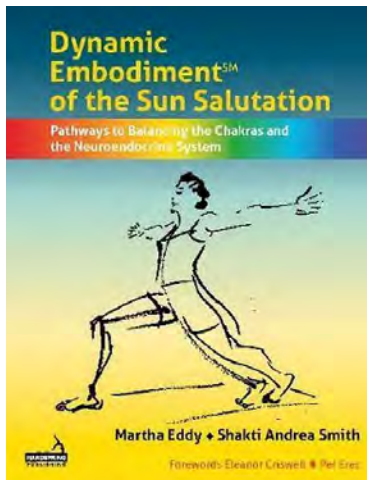


Consisting of curated interviews with yoga pioneers including Gail Parker, Heather Mason and Neil Pearson, this book shows the transformational benefits of personal yoga practice and uncovers a collective deepening.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: September 2021
9781787754676

Paperback
256 pages
B&W THROUGHOUT
AUD\$: 54.99



Dynamic Embodiment of the Sun Salutation

By Martha Eddy, Shakti Andrea Smith

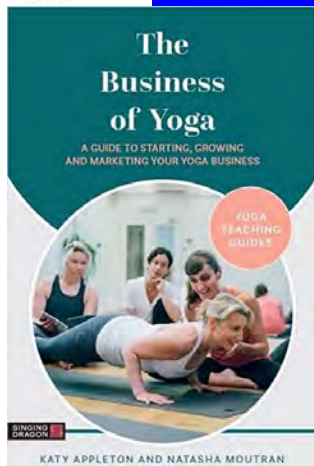


Dynamic Embodiment of the Sun Salutation : Pathways to Balancing the Chakras and the Neuroendocrine System guides you to do the Sun Salutation with more ease.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: January 2022
9781912085996

Paperback
252 pages
B&W THROUGHOUT
AUD\$: 80.99



NEW

The Business of Yoga

A Guide to Starting, Growing and Marketing Your Yoga Business

By *Katy Appleton, Natasha Moutran*

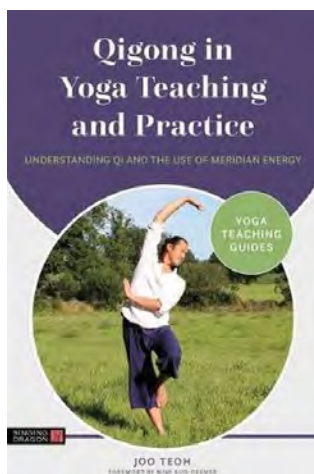
Many yoga teachers feel overwhelmed when it comes to grappling with the marketing and entrepreneurial aspects of their yoga business. With the market for yoga teachers becoming increasingly saturated, it is crucial that yoga teachers understand what makes their offering unique to implement a focussed business strategy. This part-guide, part workbook helps yoga teachers bridge the gap between the spiritual essence of being a yoga teacher and the financial viability of their business and is based on the authors two decades worth of experience.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
160 Pages

Rel Date: January 2023
9781787756427

AUD\$: 42.99



Qigong in Yoga Teaching and Practice

Understanding Qi and the Use of Meridian Energy

By *Joo Teoh, Mimi Kuo-Deemer*

This book inspires yoga teachers to explore the synergy between qigong and yoga sequencing through an exploration of how qigong principles, postures and themes can be incorporated into yoga. It allows yoga teachers to add a dimension of physical and energetic awareness during movement and in asana. Introducing key concepts, Joo Teoh demonstrates the application of each aspect as well as addressing variations and adaptations for different physical limitations. This book is also supported by black and white illustrations and photographs.

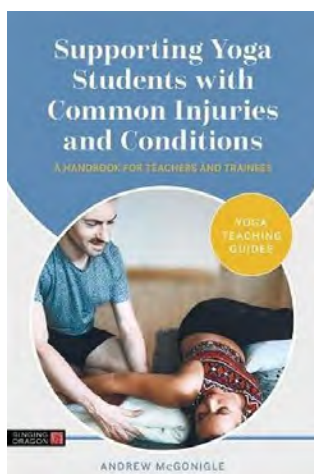
SINGING DRAGON

Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
160 Pages

Rel Date: August 2021

9781787756526

AUD\$: 42.99



Supporting Yoga Students with Common Injuries and Conditions

A Handbook for Teachers and Trainees

By *Andrew McGonigle*

This handbook guides yoga teachers and trainees in how to approach teaching students with common injuries and health conditions safely, confidently, and in a manner that empowers students. Dr Andrew McGonigle combines his medical background with extensive knowledge of yoga to address common injuries in detail with an in-depth review of anatomy. The book describes the psychology of pain and injury with reference to the latest research on pain and biomechanics. It also provides advice and tips on how to modify yoga techniques to suit the needs of students with injuries. Detailed illustrations throughout the book provide a visual guide to support understanding.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
272 Pages

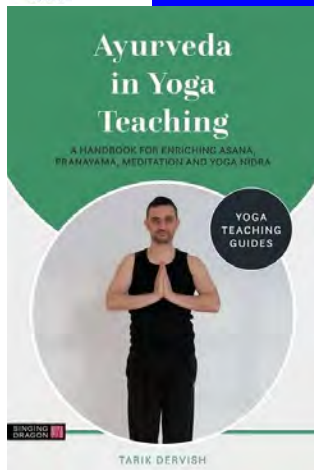
B&W THROUGHOUT

Rel Date: July 2021

9781787754690

AUD\$: 49.99





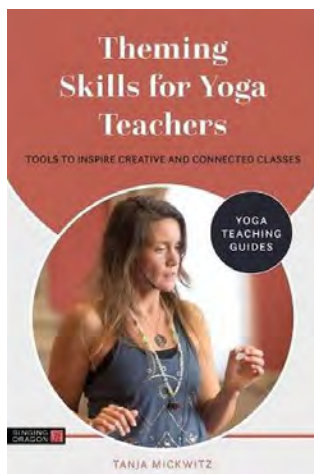
Ayurveda in Yoga Teaching

By **Tarik Dervish, Masha Pimas**

Enabling yoga teachers to use and integrate Ayurveda principles and practices in their teaching, Tarik Dervish offers practitioners the skills needed to adapt their classes, and deliver workshops and courses that will meet the needs of students throughout the changing seasons and stages of life. The book includes chapters on teaching asana, pranayama and yoga nidra with an ayurvedic approach, how to adapt to the seasons, integrate marma points and courses and lesson planning. Part of Singing Dragon's Yoga Teaching Guides series.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
288 Pages
B&W THROUGHOUT
Rel Date: February 2022
9781787755956
AUD\$: 49.99



Theming Skills for Yoga Teachers

Tools to Inspire Creative and Connected Classes

By **Tanja Mickwitz**

From the perspective of yoga philosophy, mythology, poses, and nature, *Theming Skills for Yoga Teachers* provides guidance in how to skilfully theme yoga classes with greater depth and give students meaningful ways to integrate yoga into their lives beyond the mat. The book encourages autonomy of interpretation whilst also providing questions and exercises at the end of each chapter to help inspire ideas and form a synergy of practical application and creativity. This book will allow yoga teachers and trainees to create more meaningful yoga sessions and hone their teaching ability to provide a more memorable and holistic learning experience.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
Paperback
229 X 152 mm
112 Pages
B&W THROUGHOUT
Rel Date: January 2022
9781787756878
AUD\$: 44.99



Developing a Yoga Home Practice

An Exploration for Yoga Teachers and Trainees

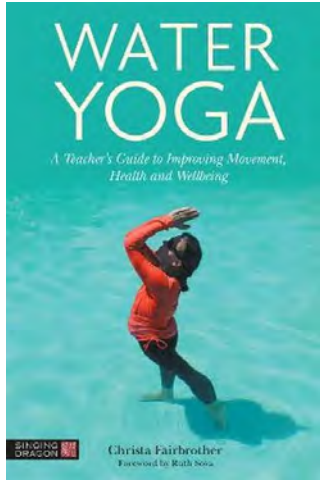
By **Alison Leighton, Joe Taft**

This book is ideal for all yoga teachers and trainees looking to create a consistent and personal home yoga practice. Whether you're newly qualified and looking for ways to establish a home practice routine or have been teaching for a long time and are in need of fresh inspiration, this book is packed with tried-and-tested advice. Alison Leighton and Joe Taft provide logical and practical guidance in how to successfully use a home environment as an effective platform for teaching. They also show how a deep engagement with your own practice can nurture understanding, creativity, and intelligence to the benefit of your students. This book also coaches' teachers and trainees to engage in rejuvenating exercises in order to avoid the burnout well-known to many yoga teachers.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
Paperback
223 X 153 mm
144 Pages
B&W THROUGHOUT
Rel Date: January 2022
9781787757042
AUD\$: 44.99



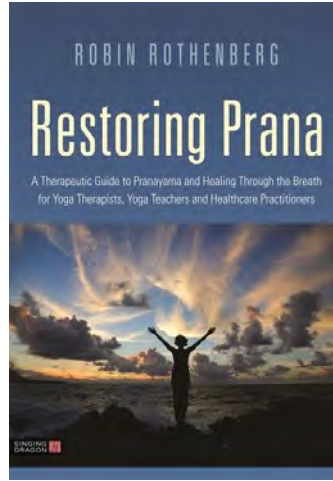
**Water Yoga****By Christa Fairbrother, Ruth Sovo**

This guide provides yoga teachers, therapists and rehab professionals with the skills required to create an inclusive, accessible aqua yoga environment, safe for those who are unable to swim.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: November 2022
9781839972850

Paperback
224 pages
B&W THROUGHOUT
AUD\$: 71.99

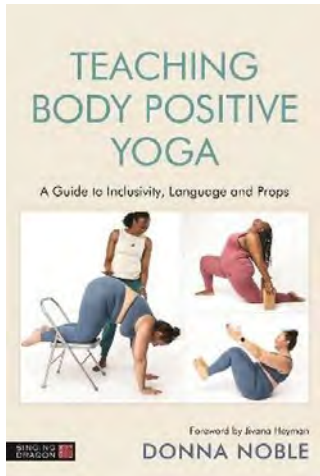
**Restoring Prana****By Robin L. Rothenberg, Kirsteen Wright**

One of the most common issues clients face is lack of energy, vitality or prana and this book presents a simple yet revolutionary breathing approach to restore balance.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
252 X 178 mm
Release Date: February 2020
9781848194014

Paperback
408 pages

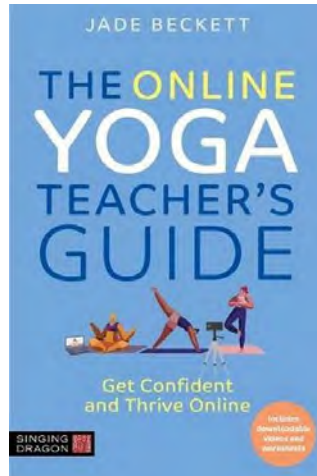
AUD\$: 94.99**Teaching Body Positive Yoga****By Donna Noble, Jivana Heyman**

Donna Noble draws on years of experience teaching body positive yoga to help yoga teachers host truly inclusive classes. Covering the philosophy and history of the body positivity movement.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: September 2022
9781787753358

Paperback
208 pages
B&W THROUGHOUT
AUD\$: 47.99

**The Online Yoga Teacher's Guide****By Jade Beckett**

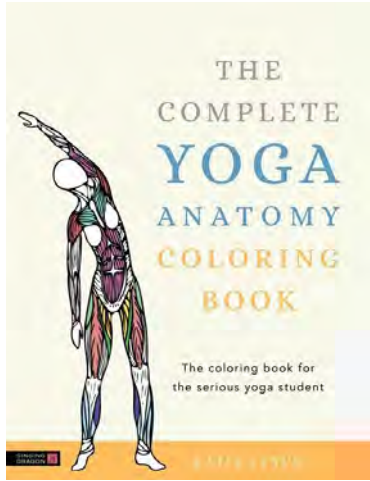
Online yoga classes are becoming increasingly popular and necessary. With a down-to-earth and friendly approach, this book guides yoga teachers on how to develop a streamlined and successful online yoga business.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
229 X 152 mm
Release Date: September 2022
9781839971808

Paperback
160 pages

AUD\$: 57.99



Complete Yoga Anatomy Coloring Book

By Katie Lynch

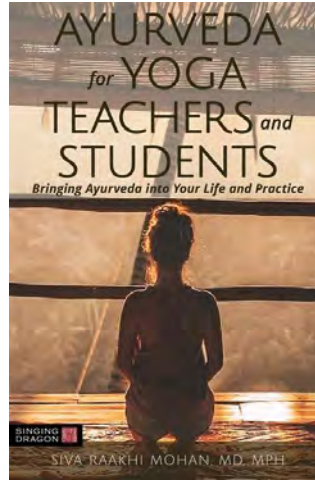


This practical and engaging coloring book helps yoga teachers and students develop their knowledge of the human body. Enhancing your yoga anatomy knowledge beyond basic training can improve your understanding.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
278 X 216 mm
Release Date: September 2019
9781848194205

Paperback
288 pages
AUD\$: 63.99



Ayurveda for Yoga Teachers and Students

By Siva Mohan, Siva Raakhi Mohan

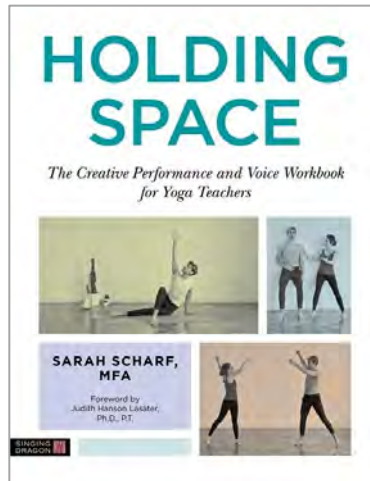


Writing for both yoga teachers and students of yoga, Siva Mohan explains the principles of Ayurveda and how it can be used as the framework from which to learn how to live a yogic life.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
228 X 152 mm
Release Date: October 2019
9781848193932

Paperback
184 pages
AUD\$: 63.99



Holding Space

By Sarah Scharf, Judith Hanson Lasater PT, Ph.D.

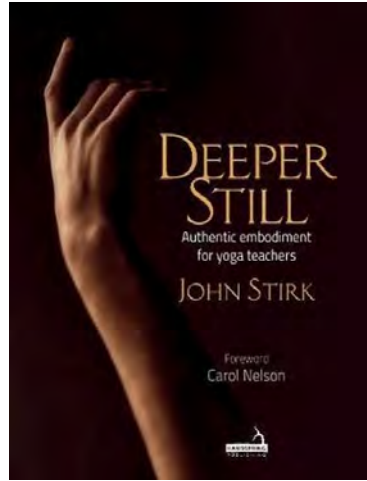


Helping yoga teachers improve their vocal skills, this expert guide introduces theatre, improvisational and performance techniques to build confidence in teachers' approaches to students.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
150 X 150 mm
Release Date: January 2021
9781848194052

Paperback
192 pages
AUD\$: 49.99



Deeper Still

By John Stirk

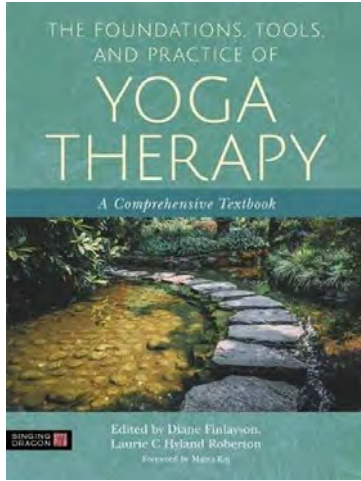


Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from *The Original Body* this book invites an even deeper immersion.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
244 X 290 mm
Release Date: April 2021
97819121085712

Paperback
196 pages
COLOUR SECTION(S)
AUD\$: 79.99



The Foundations, Tools, and Practice of Yoga Therapy

*By Laurie Hyland
Robertson, Diane Finlayson*

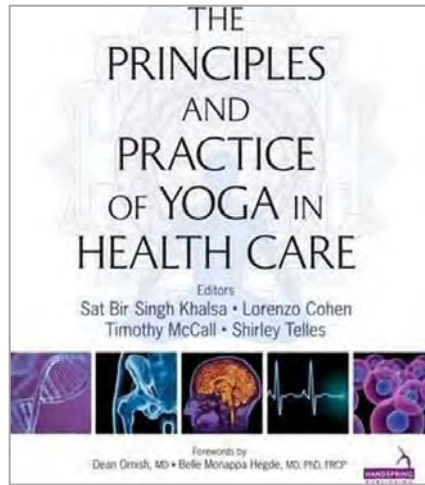


Providing essential support to schools and universities that offer yoga therapy training programs, this comprehensive, edited textbook develops robust curricula, enabling them to prepare yoga therapists to integrate into healthcare.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: September 2021
9781787754140

Paperback
544 pages
B&W THROUGHOUT
AUD\$: 149.00



Principles and Practice of Yoga in Health Care

*By Sat Bir Khalsa,
Lorenzo Cohen*

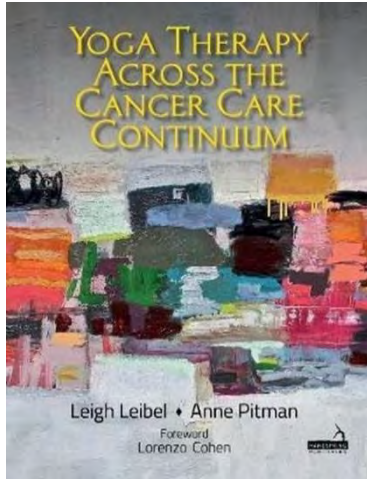


The Principles and Practice of Yoga in Health Care is a professional-level textbook with contributions by multiple expert researchers and therapists in the field.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: July 2016
9781909141209

Paperback
320 pages
B&W THROUGHOUT
AUD\$: 129.00



Yoga Therapy across the Cancer Care Continuum

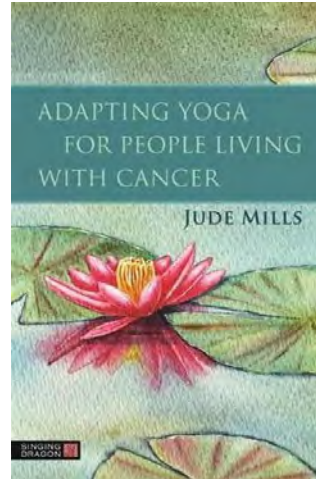
*By Leigh Leibel, Anne
Pitman*



Cancer. The word itself can spark fear and sets off a flurry of appointments, tests, and decisions, often leading to interminable waiting for diagnostic results and next steps.

HANDSPRING PUBLISHING
Disc: ACAD & PROFESSIONAL
246 X 189 mm
Release Date: January 2023
9781912085910

Paperback
176 pages
B&W THROUGHOUT
AUD\$: 69.99



Adapting Yoga for People Living with Cancer

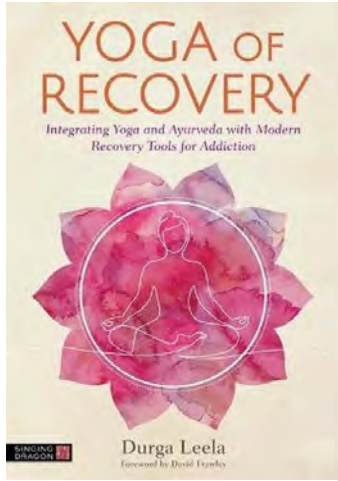
By Jude Mills, Charlotte Watts



This practical guidebook provides an essential overview of living with cancer, treatments, and side effects, exploring the ways in which an adapted yoga practice can help to alleviate the negative impact.

SINGING DRAGON
Disc: ACAD & PROFESSIONAL
229 X 152 mm
Release Date: June 2021
9781787756502

Paperback
176 pages
AUD\$: 56.99



Yoga of Recovery

By Durga Leela, David Frawley

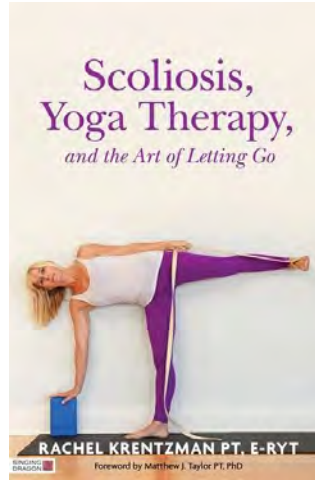


Durga Leela presents an empowering, personal recovery program for yoga teachers and yoga therapists supporting clients through recovery from addiction.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: August 2022
9781787757554

Paperback
256 pages
B&W THROUGHOUT
AUD\$: 61.99



Scoliosis, Yoga Therapy, and the Art of Letting Go

By Rachel Krentzman, Matthew J. Taylor

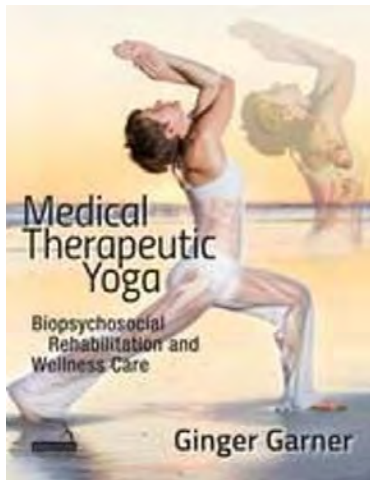


Aged 16, Rachel Krentzman was diagnosed with scoliosis. At 32 she suffered a herniated disk and was told she would have to modify her activities for the rest of her life.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
226 X 150 mm
Release Date: December 2016
9781848192720

Paperback
120 pages
AUD\$: 40.99



Medical Therapeutic Yoga

By Ginger Garner

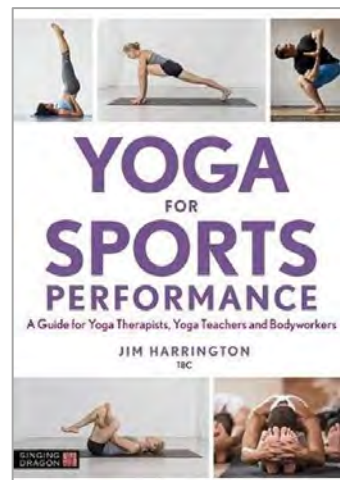


This book brings a large body of work, known as medical therapeutic yoga (MTY), to health professionals and yoga teachers so they can apply yoga postures to treat acute and chronic disease processes.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL
245 X 190 mm
Release Date: January 2017
9781909141131

Paperback
392 pages
B&W THROUGHOUT
AUD\$: 92.99



Yoga for Sports Performance

By Jim Harrington



This manual for yoga teachers and bodyworkers provides guidance for working with athletes of all disciplines. It teaches basic principles for application of techniques.

SINGING DRAGON

Author is from Australia
Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: August 2021
9781848194069

Paperback
336 pages
B&W THROUGHOUT
AUD\$: 61.99



Integrating Art Therapy and Yoga Therapy

By *Karen Gibbons*



Yoga postures, meditation and art therapy-based techniques are combined in this innovative approach structured around targeting a specific treatment goal for each therapeutic session.

JESSICA KINGSLEY PUBLISHERS

Disc: ACAD & PROFESSIONAL

231 X 166 mm

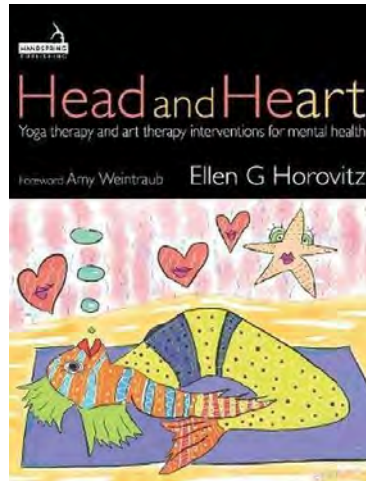
Release Date: July 2015

9781849057820

Paperback

184 pages

AUD\$: 56.99



Head and Heart

By *Ellen Horovitz*



Envisioned as a resource for yoga teachers and all mental health and health professionals, *Head and Heart* is intended for: all health professionals who focus on mental health and/or wellbeing and want to broaden their understanding.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL

275 X 220 mm

Release Date: September 2021

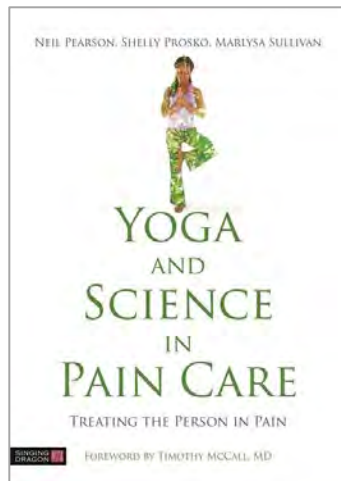
9781912085835

Paperback

248 pages

COLOUR SECTION(S)

AUD\$: 92.99



Yoga and Science in Pain Care

By *Neil Pearson, Shelly Prosko*



The book takes an integrated approach to pain rehabilitation and combines pain science, rehabilitation and yoga with evidence-based approaches from respected contributors.

SINGING DRAGON

Disc: TRADE INTERNATIONAL

250 X 178 mm

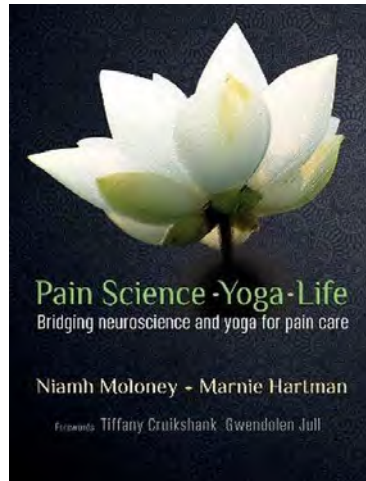
Release Date: November 2019

9781848193970

Hardback

320 pages

AUD\$: 127.00



Pain Science - Yoga - Life

By *Niamh Moloney, Marnie Hartman*



Pain Science Yoga Life combines the neuroscience of pain with yoga philosophy and practice for pain care. Rooted in evidence-based practice, this book is a unique blend of the science of pain.

HANDSPRING PUBLISHING

Disc: ACAD & PROFESSIONAL

245 X 190 mm

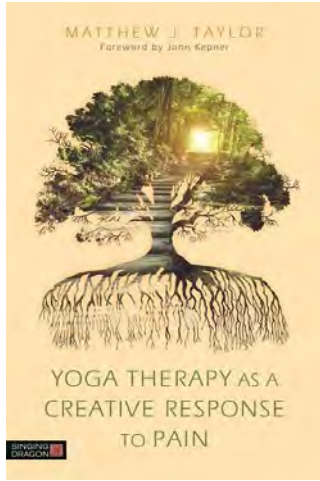
Release Date: November 2020

9781912085583

Paperback

176 pages

AUD\$: 74.99



Yoga Therapy as a Creative Response to Pain

By Matthew J. Taylor, John Kepner



Supporting yoga therapists to create a programme of care for those living with chronic pain, this guide brings pain science, creativity and yoga together for the first time.

SINGING DRAGON

Disc: TEXT

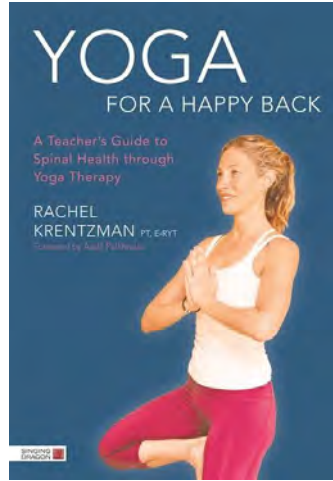
230 X 156 mm

Release Date: July 2018

9781848193567

Paperback

296 pages

AUD\$: 59.99

Yoga for a Happy Back

By Rachel Krentzman, Aadil Palkhivala



This unique book offers a framework for using yoga therapeutically to heal back and spinal problems. Combining detailed instruction on evaluation and treatment techniques with personal narrative and case studies.

SINGING DRAGON

Disc: TRADE INTERNATIONAL

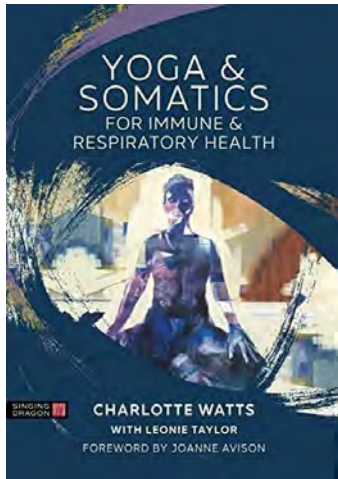
253 X 181 mm

Release Date: August 2016

9781848192713

Paperback

296 pages

AUD\$: 71.99

Yoga and Somatics for Immune and Respiratory Health

By Charlotte Watts



Our respiratory and immune systems are intrinsically linked to how we relate to the world around us. Engaging with our vitality through the movement.

SINGING DRAGON

Disc: TRADE INTERNATIONAL

246 X 173 mm

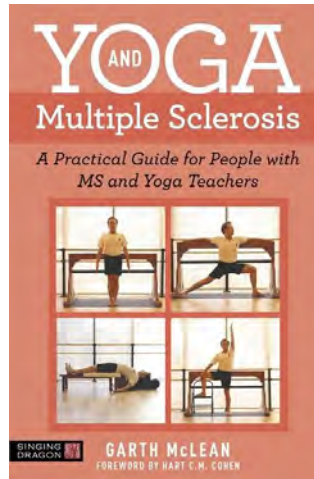
Release Date: November 2022

9781839970870

Paperback

352 pages

B&W THROUGHOUT

AUD\$: 71.99

Yoga and Multiple Sclerosis

By Garth McLean, Hart C.M. Cohen



Enhancing the physical and mental health of people with Multiple Sclerosis through key postures and breathing techniques, this guide shows how to manage specific symptoms of MS.

SINGING DRAGON

Disc: TRADE INTERNATIONAL

100 X 100 mm

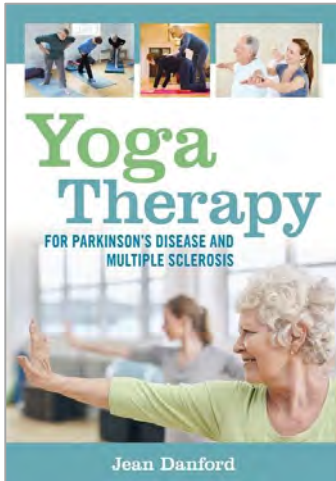
Release Date: February 2021

9781787753006

Paperback

352 pages

AUD\$: 42.99



Yoga Therapy for Parkinson's Disease and Multiple Sclerosis

By Jean Danford

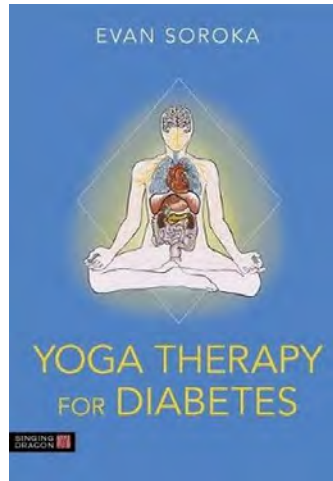


Yoga is an extremely beneficial therapy for ameliorating physical symptoms of both Parkinson's disease (PD) and multiple sclerosis (MS), and improving emotional wellbeing through breathing, asana, relaxation and meditation.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
250 X 177 mm
Release Date: October 2016
9781848192997

Paperback
288 pages
AUD\$: 77.99



Yoga Therapy for Diabetes

By Evan Soroka, Kirsteen Wright

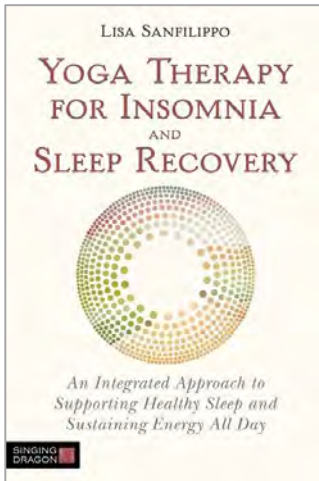


Approaching diabetes from a multidimensional perspective, Evan Soroka links the practices and philosophy of yoga with science and lived experience. In this book, she addresses the major challenges of type 1 and type 2 diabetes.

SINGING DRAGON

Disc: ACAD & PROFESSIONAL
254 X 178 mm
Release Date: April 2021
9781787752610

Paperback
320 pages
B&W THROUGHOUT
AUD\$: 61.99



Yoga Therapy for Insomnia and Sleep Recovery

By Lisa Sanfilippo

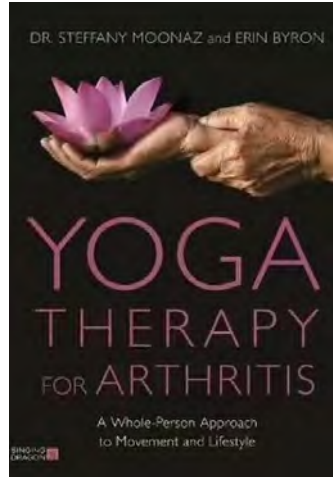


Yoga therapy offers a truly holistic approach to solving the growing problem of insomnia. In this book expert yoga therapist Lisa Sanfilippo explains how yoga practices can be used to target the underlying issues.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
228 X 150 mm
Release Date: March 2019
9781848193918

Paperback
256 pages
AUD\$: 71.99



Yoga Therapy for Arthritis

By Dr Steffany Moonaz, Erin Byron

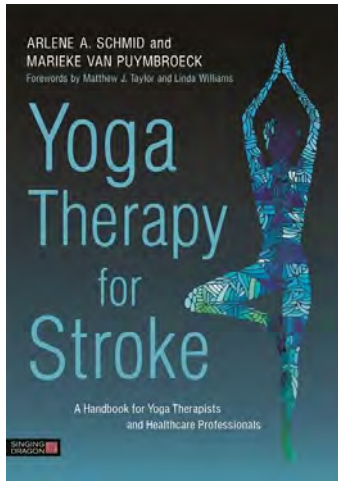


Yoga therapy is commonly used for the management of arthritis, but often focuses exclusively on adaptation of the physical poses and on structural solutions.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
252 X 185 mm
Release Date: February 2019
9781848193451

Paperback
328 pages
AUD\$: 77.99



Yoga Therapy for Stroke

By Arlene A. Schmid, Marieke van Puymbroeck

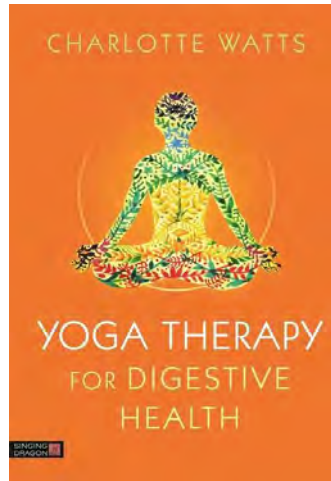


A guide to yoga therapy for post-stroke rehabilitation, this book is for yoga teachers and yoga therapists, but also for occupational, recreational, physical and speech therapists who work with people with stroke.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
254 X 180 mm
Release Date: November 2018
9781848193697

Paperback
328 pages
AUD\$: 77.99



Yoga Therapy for Digestive Health

By Charlotte Watts

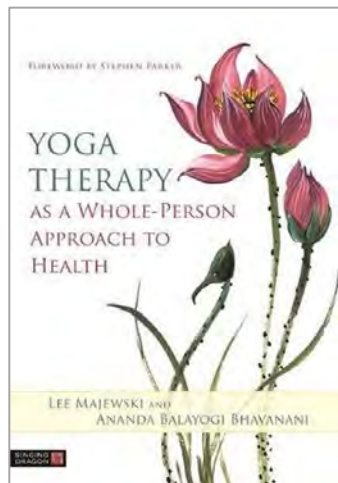


Digestive issues are widespread and prove difficult to address through mainstream medicine. Senior yoga teacher Charlotte Watts sheds light on the connection between the gut and the brain.

SINGING DRAGON

Disc: TRADE INTERNATIONAL
252 X 178 mm
Release Date: October 2018
9781848193543

Paperback
320 pages
AUD\$: 77.99



Yoga Therapy as a Whole-Person Approach to Health

By Lee Majewski, Ananda Balayogi Bhavanani

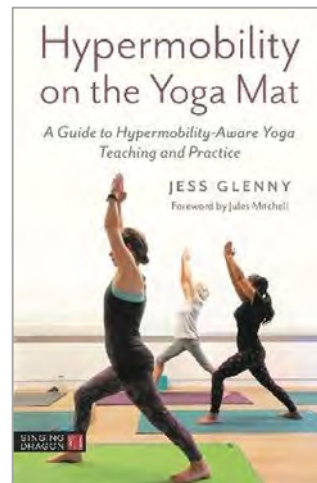


In this book, Lee Majewski and Ananda Bhavanani define yoga and yoga therapy as a whole person practice, demonstrating how it can help the individual to heal through their own mechanisms.

SINGING DRAGON

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Hypermobility on the Yoga Mat

By Jess Glenny, Jules Mitchell

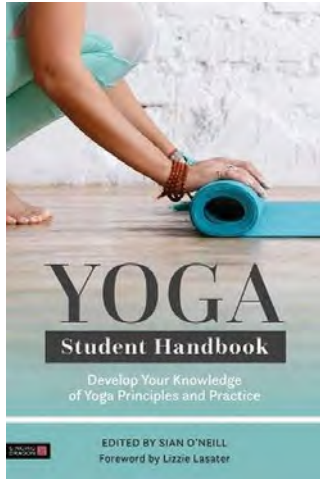


This book offers information and guidance to yoga teachers encountering hypermobile yoga students, and to hypermobile yoga practitioners themselves.

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Yoga Student Handbook

By *Sian O'Neill, Lizzie Lasater*

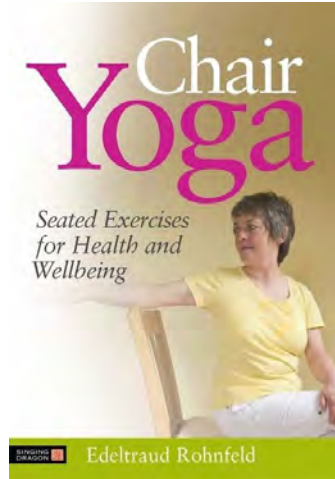


An accessible guide on the history, anatomy and philosophy behind yoga, showing how yoga students can develop and grow their personal practice.

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Chair Yoga

By *Edeltraud Rohnfeld*

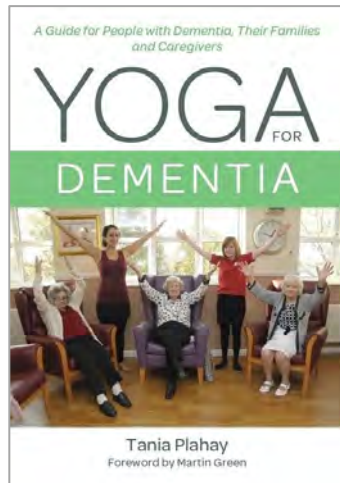


Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities.

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Yoga for Dementia

By *Tania Plahay, Martin Green*

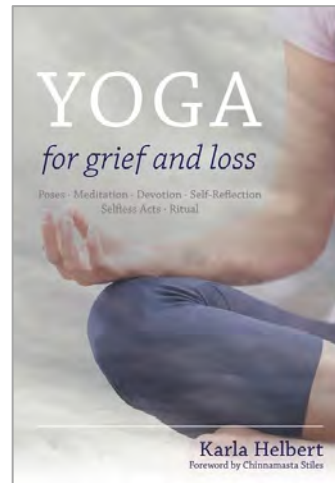


Proven to enhance wellbeing, posture, breathing and sleep, and reduce anxiety and agitation, this programme shows how yoga can be adapted to benefit people with dementia.

JESSICA KINGSLEY PUBLISHERS

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Yoga for Grief and Loss

By *Karla Helbert, Chinnamasta Stiles*



Just as grief is an experience that affects us physically, mentally, emotionally, cognitively, and spiritually, yoga sustains and strengthens us in all of those same areas.

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