

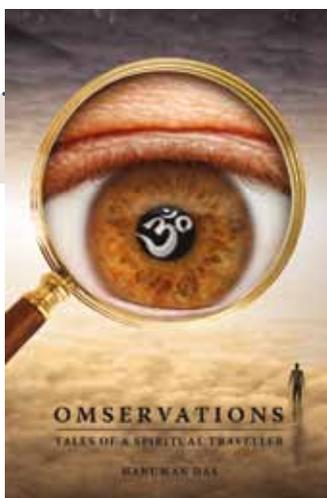
## BOOKS, CD & DVD

# Reviews



“A reader lives a thousand lives before he dies, said Jojen. The man who never reads lives only one.”

– George R.R. Martin

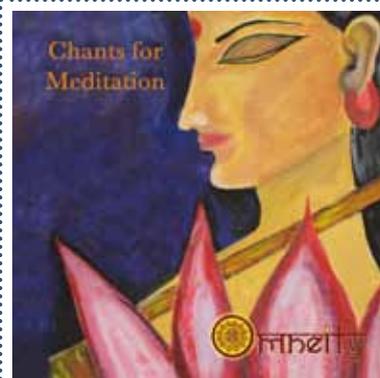


### Observations

**Tales of a Spiritual Traveller**  
By Hanuman Das  
Available ~ [www.livingpeaceyoga.com](http://www.livingpeaceyoga.com)  
and on booktopia.

*Observations* is the collection of observations, tales and practices of Hanuman Das, a spiritual teacher, yogi, husband, writer and general aficionado of life. Thoughtfully written with personal touch and loving dedication, these

chapters come together with an embrace of Eastern philosophy, global theology and the experience of modern life.



### Chants for Meditation

By Ken Elkinson  
and Kamini Natarajan  
Available ~  
[www.chantsformeditation.com](http://www.chantsformeditation.com)

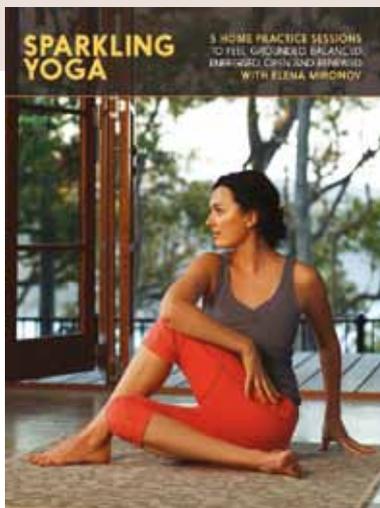
*Chants For Meditation* is a deep meditative journey created by Kamini Natarajan and Ken Elkinson containing 14 different chants and mantras to heal, relax, rejuvenate and guide the listener into a deeper conscious state.

Natarajan is a Hindustani Indian Classical singer specializing in 'Khayal' Gayaki - improvised singing. Elkinson is a composer/producer who has released over 45 CDs across several genres. Combined they have formed Omneity to explore the outer reaches of world music.

### Sparkling Yoga

With Elena Mironov  
Available ~  
[www.sparklingyoga.tictail.com](http://www.sparklingyoga.tictail.com)

Yoga is an ancient discipline that offers you strength and flexibility; everyday practice takes you deeper by balancing emotions and instilling a sense of mental clarity and calm. Enjoy this series of 5 short yoga sessions you can practice with at home. Both simple and profound, these classes will help you to feel grounded, balanced, energised, open and renewed.



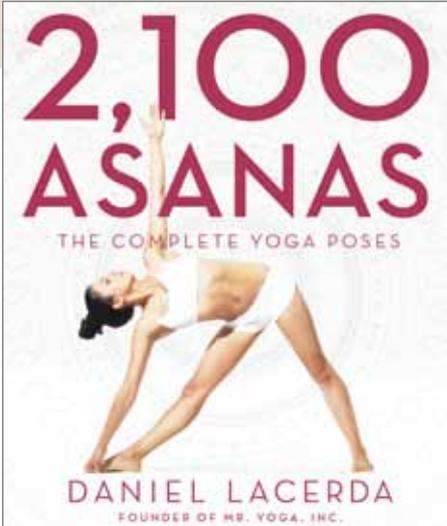


**Create Your Calm**  
Your at Home Program for Yoga That Soothes

Calm 

**By Bronni Page**  
Available ~  
[www.bronnipayoga.com.au](http://www.bronnipayoga.com.au)

Create Your Calm... Your at Home Program for Yoga that Soothes is a short and simple 7-day email course for people craving deep, effective rest and time-out from the 'busy-ness' of everyday life. The program clearly demonstrates and explains 7 key restorative yoga poses that are easy to set up and enjoy at home. It includes notes and sequences to help ease headache, fatigue and sleeplessness.



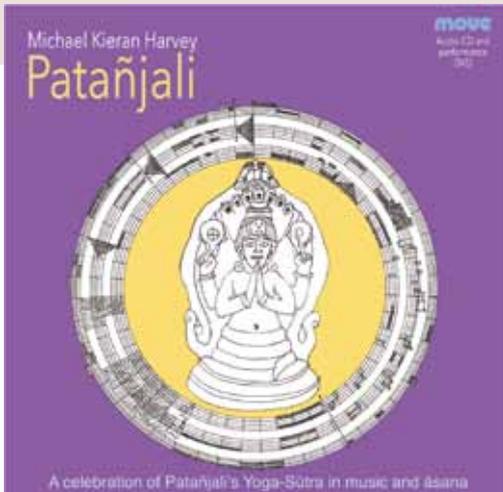
**2,100 ASANAS**  
THE COMPLETE YOGA POSES

**DANIEL LACERDA**  
FOUNDER OF MR. YOGA, INC.

2,100 Asanas 

**By Daniel Lacerda**  
Available ~ all leading bookstores

2,100 Asanas is an unprecedented, meticulously crafted catalogue of yoga poses and modifications. It is also a gorgeous work of art, showcasing the beauty and athleticism of the human form. Each photograph features an expert yogi performing the pose to perfection. The aesthetic is clean and modern. The book is organised into eight major types of poses: standing, seated, core, quadruped, backbends, inversions, prone, and supine – and further broken down by families of poses that progress from easiest to more challenging. Every pose is accompanied by the name of the pose in English and Sanskrit, a description of the modification, the Drishti point (eye gaze), the chakras affected and its benefits.



Michael Kieran Harvey  
**Patañjali**

move  
Music CD and Performance 30

**Patanjali** 

**Music by Michael Kieran Harvey**  
**Yoga Asana by Arjun Von Caemmerer**  
Available ~ Move Records [www.move.com.au](http://www.move.com.au)

The asana demonstration is beautifully executed and captures the essence of Iyengar Yoga. It displays an artistic sequence of yoga asana and a creative use of props representing some of the main concepts of Iyengar Yoga. Michael Kieran Harvey's music is an interesting and personal interpretation of The Yoga Sutras. He deliberately makes use of extreme contrasts for his musical trio who perform the score. The music together with the asana demonstration produces a powerful performance. The performance succeeds in presenting a 'surprising and unconventional outcome' combining these disparate elements of a Western art music score with the traditional Indian asana.