

**Fit**  
[www.fityoga.com](http://www.fityoga.com)

your path to a strong body,  
a stress-free mind, a calm heart

# Yoga

## A Patient Practice

cancer survivors find hope  
and strength through yoga

## Proportionately Perfect

adjust your asanas  
to fit your body type

## From Despair to Repair

how injuries can lead  
to unexpected lessons

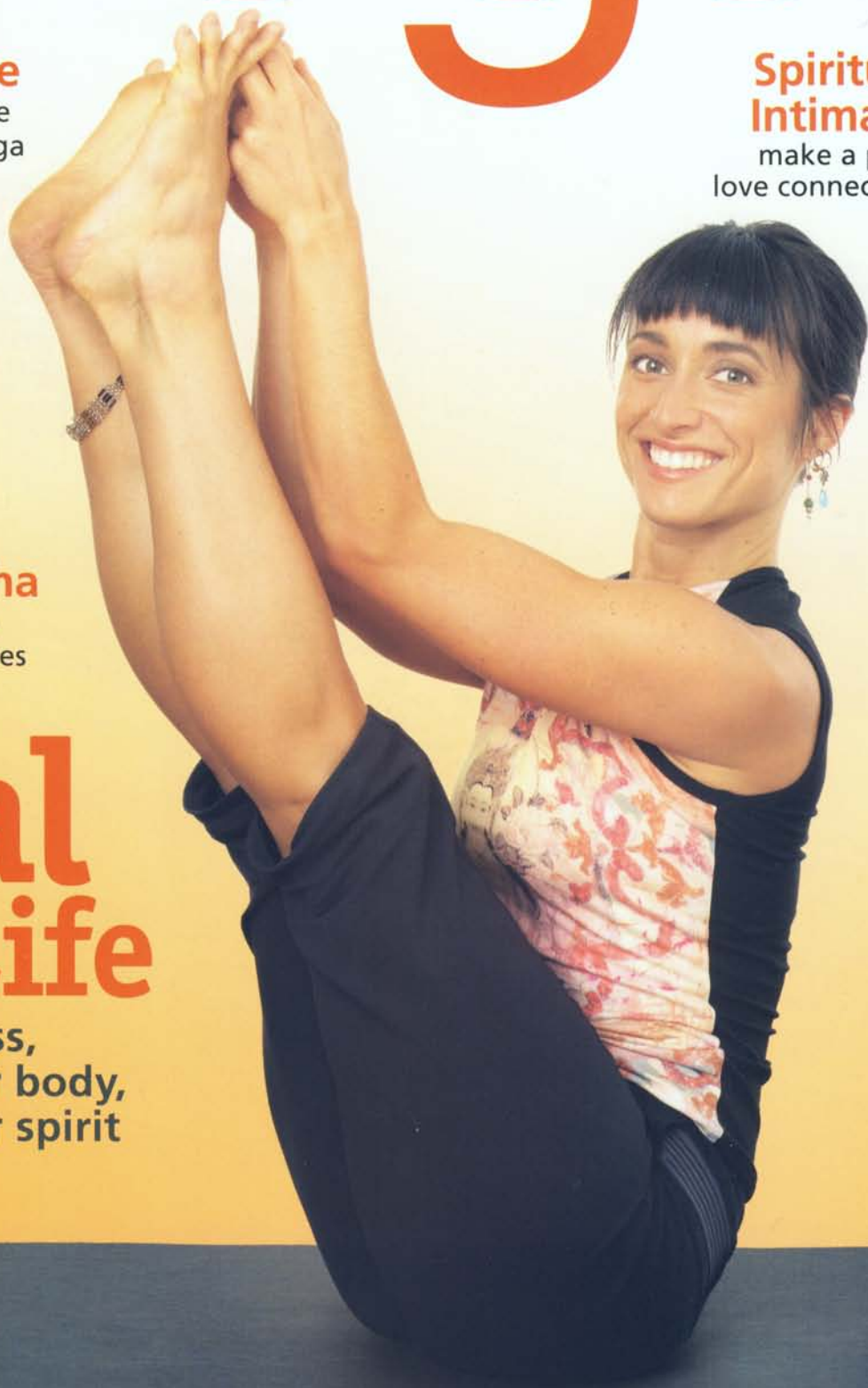
## Decision by Dosha

Ayurvedic principles help  
you make healthier choices

**Spiritual  
Intimacy**  
make a pure  
love connection

# Heal Your Life

reduce stress,  
strengthen your body,  
and renew your spirit



OCTOBER 2008



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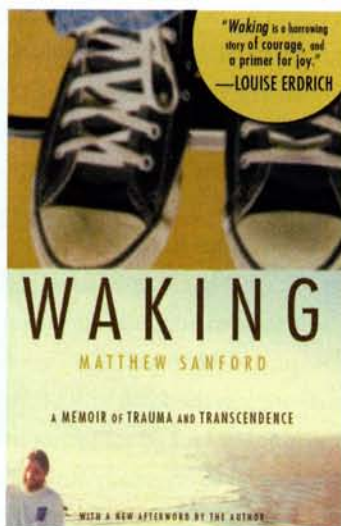
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The low-key Kastner gives basic information with practical modifications (that her new-to-yoga student deftly applies), as well as gentle alignment instructions. You can flow through the sequence with or without the music, chanted by Mantra Girl. The practice winds down with seated poses—Janu Sirsasana (Head-to-Knee Pose), Baddha Konasana (Bound Angle Pose), and Upavistha Konasana (Wide-Legged Seated Forward Bend)—and lying-down poses: Sucirandhrasana (Eye of the Needle Pose), Jathara Parivartanasana (Revolved Abdominal Pose), and, of course, Savasana (Corpse Pose). Aside from the presence of LaForce (in her cute BaliDog yoga pants) and a short pep talk from young gals and a guy to exercise and eat well, there's little about this practice that's distinctly "teen"—and we mean that in a good way. So if you're buying this for your child, you'll probably enjoy rolling out your mat too. —Lorraine Shea

### WAKING: A MEMOIR OF TRAUMA AND TRANSCENDENCE

by Matthew Sanford, Rodale  
253 pages, [rodalestore.com](http://rodalestore.com)

"Life shrinks or expands in proportion to one's courage," Anais Nin famously wrote. Nearly a half-century later, when Matthew Sanford's family skidded off an icy Idaho overpass, the 13-year-old faced not only the death of his father and sister but also his own paralysis from the chest down and a lifetime confined to a wheelchair. But from that moment forward, Sanford's life swelled in response to his courage. Now a husband, father, yoga teacher, and the founder of the nonprofit Mind Body Solutions, Sanford specializes in adapting yoga for people with disabilities and is dedicated to helping everyone reestablish a mind-body



connection. Sanford's candid first-person narrative is a gripping page-turner that evokes every emotion, from fear and horror to awe and delight. This is a true hero's story of how trauma taught him the wisdom of yoga and the magical gift of his embodiment and led him back to his own heart. Now in paperback, *Waking* can't help but infuse more gratitude and awareness into your relationships, your practice, and your very existence.

—Sara Avant Stover

### AYURVEDA: For Stress Relief, Weight Loss, and Detox

by Dr. John Douillard, DC, PhD  
90-97 minutes each, [gaiam.com](http://gaiam.com)

In these powerful DVDs, Dr. Douillard's bright complexion, clear eyes, and resonant voice are a walking advertisement for his teachings. By presenting Ayurveda, India's ancient healing science, in simple language, anyone can learn daily routines to bring more peace—and health—into his or her life. According to Douillard, founder of LifeSpa in Boulder, Colorado, stress is the root cause of 80 percent of all disease. But, he maintains, you can counterbalance this by learning your Ayurvedic constitution (dosha) and following daily routines, from simple yoga and breathing exercises to skin brushing, self-oil massage, and eating according to the seasons. Included with the DVDs are informational pamphlets with *dosha* questionnaires and grocery lists for all three seasons (spring/summer, summer/fall, and winter). Whether you are curious about Ayurveda, want to shed a few pounds, or conquer stress for once and for all, following this doctor's orders is an affordable, natural, and ancient route to lasting good health. —SAS 