



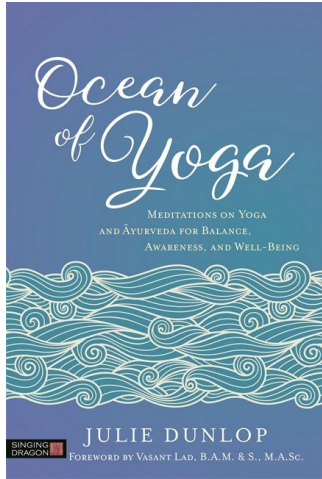
Woodslane

# YOGA RESOURCES

**NEW AND BESTSELLING BOOKS**

**December 2023**

[www.woodslane.com.au](http://www.woodslane.com.au)

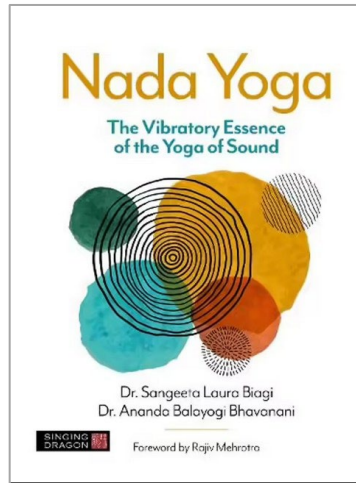
**Ocean of Yoga****By Julie Dunlop, Vasant Lad**

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**

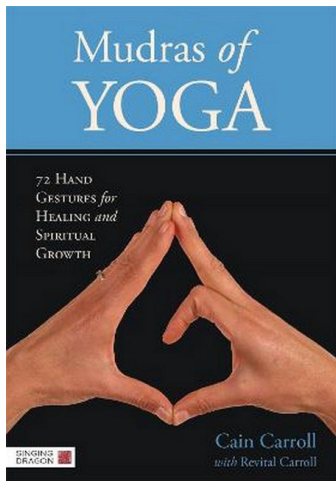
**Nada Yoga****By Dr Sangeeta Biagi, Ananda Balayogi Bhavanani**

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**

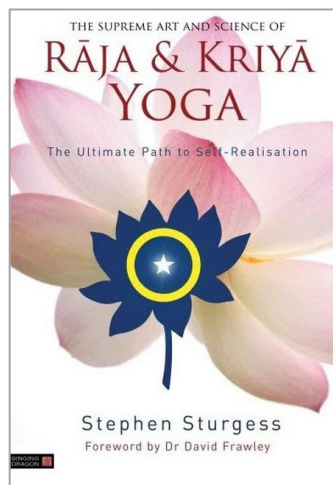
**Mudras of Indian Yoga****By Cain Carroll, Revital Carroll**

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**

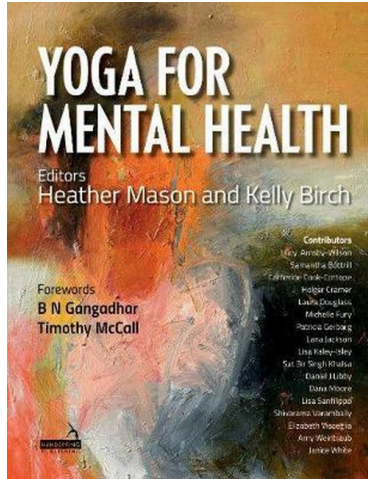
**The Supreme Art and Science of Raja and Kriya Yoga****By Stephen Sturgess, David Frawley**

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

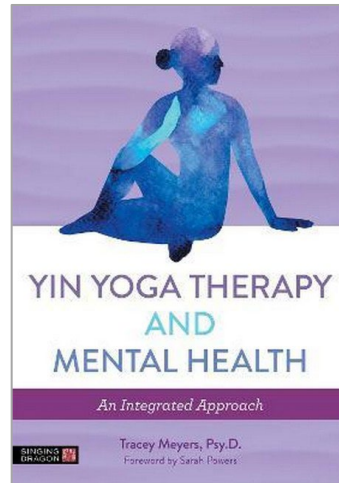
**By Heather Mason, Kelly Birch**



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

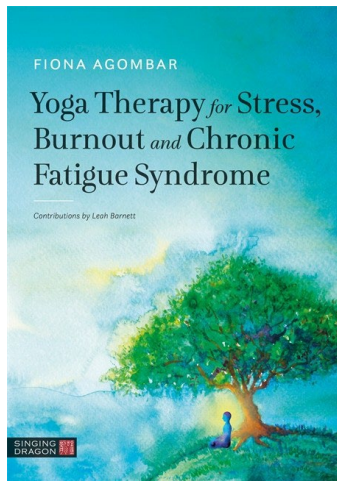
**By Tracey Meyers**



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

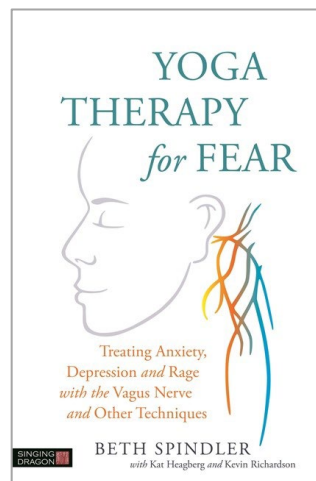
**By Fiona Agombar, Leah Barnett**



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

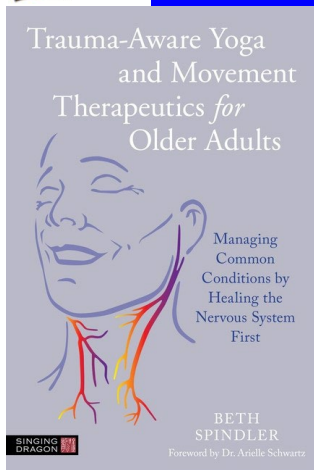
**By Beth Spindler, Kat Heagberg**



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**



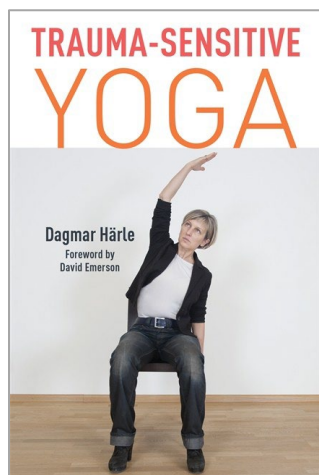
**NEW**

## 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**

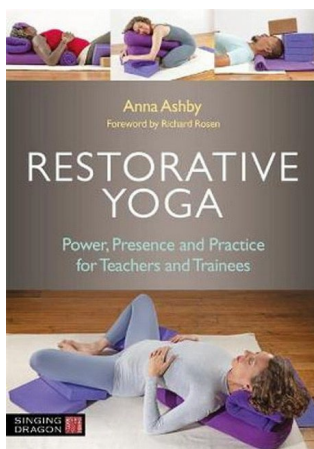


## Trauma-Sensitive Yoga

*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**



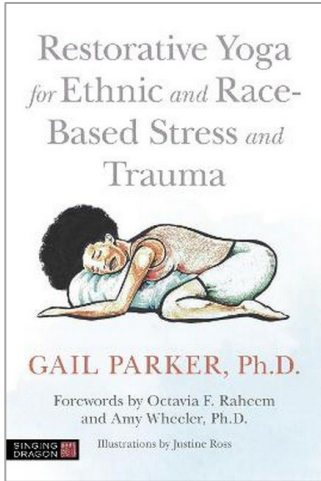
## Restorative Yoga Power, Presence and Practice for Teachers and Trainees

*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

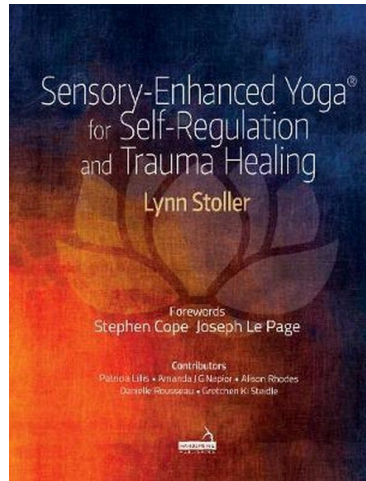


Offering a race-informed therapeutic approach to yoga, this book invites yoga professionals to consider the psychological impact of ethnic and race-based stress and trauma.

**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

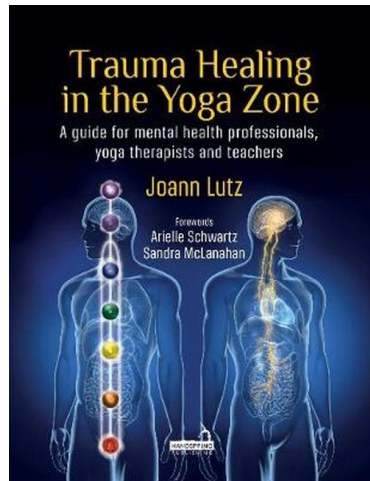


Lynn Stoller, OT, MS, OTR, C-IAYT, RYT500, E-RYT200 and outstanding expert contributors skilfully synthesize theoretical concepts and research findings from the fields of occupational therapy, trauma psychology and more.

**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

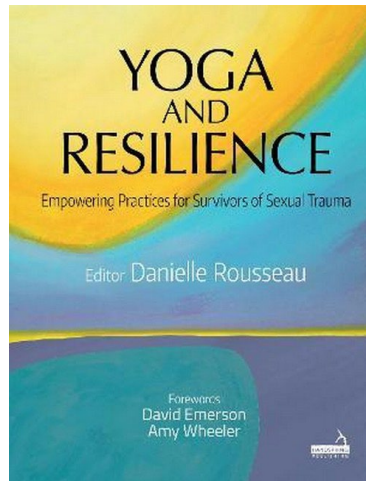


The book describes an original model of nervous-system informed, trauma-sensitive yoga, a synthesis of classic yoga, somatic psychotherapy, and neuroscience research.

**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

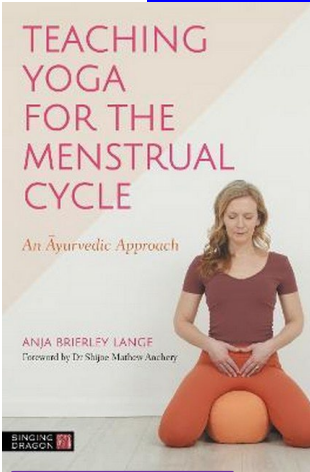


Yoga and Resilience is part of a larger series put out by the Yoga Service Council in collaboration with the Omega Institute.

**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

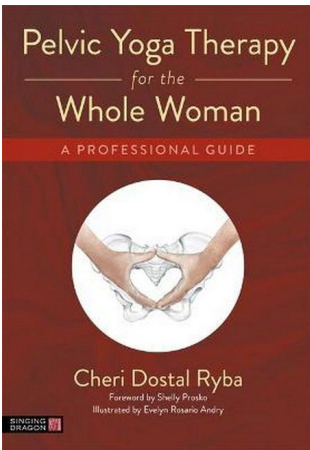
224 Pages

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

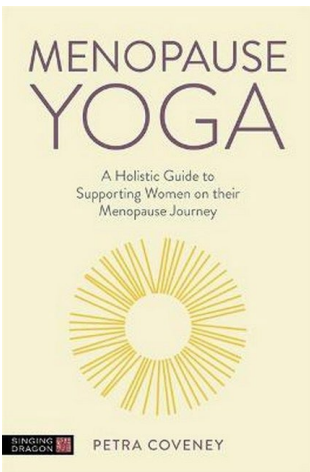
320 Pages

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

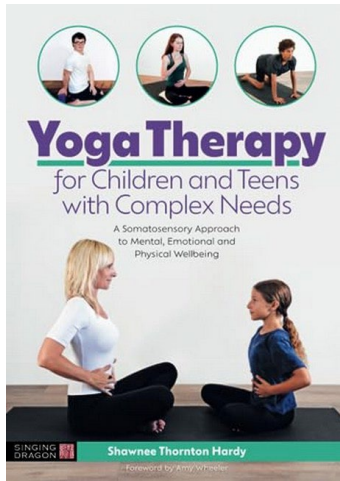
B&W THROUGHOUT

Rel Date: February 2022

**9781787758896**

**AUD\$: 56.99**





**Yoga Therapy for Children and Teens with Complex Needs**

*By Shawnee Thornton  
Thornton Hardy, Amy  
Wheeler*

**NEW**

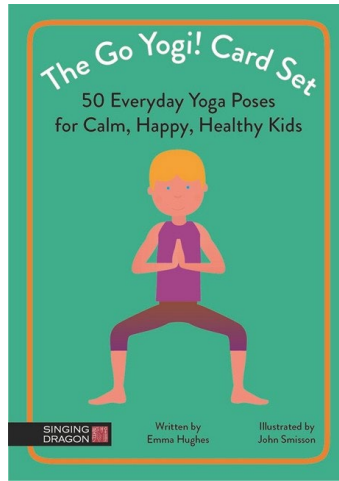


This is a comprehensive and inclusive guide that explores how yoga therapy can be practiced with children and teens with complex needs and conditions including autism and other neuro differences, trauma, depression, and more.

**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*



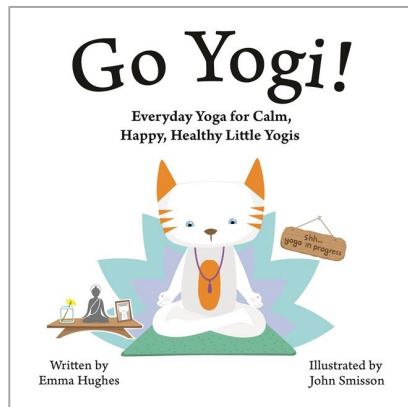
Learn which way to bend your legs to sit like a lotus, how to balance in boat pose, and spread your arms wide to stand like a warrior! Children aged 4+ can use these fun flash cards to learn how to do 50 common yoga poses.

**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*

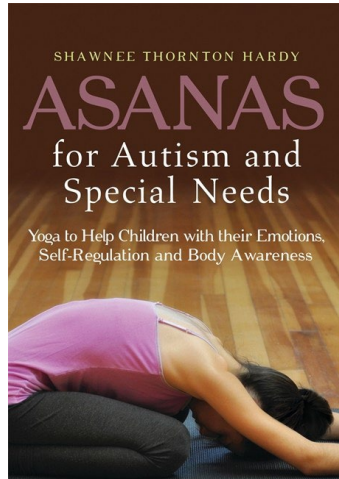


Can you touch your toes? Or balance on one leg? Learn to calm your body and put your mind at ease alongside Flo the cat and Mack the monkey as they show you the different yoga poses.

**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*

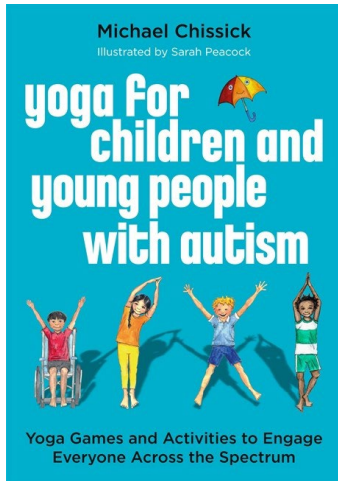


Teaching yoga to children with Autism Spectrum Disorder and other special needs is easy using this visual how-to handbook. Breaking down yoga instruction pose by pose, body part by body part, breath by breath.

**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**

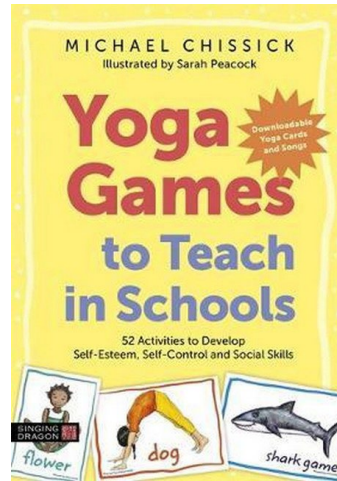
Michael Chissick has been teaching yoga to children in primary mainstream and special needs schools as part of the curriculum since 1999.

**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**

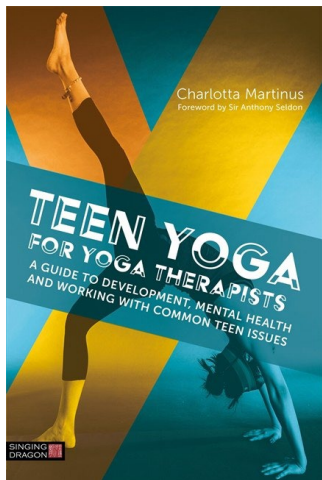
From games such as Knock Down the Tower and Yoga Detective, to simple sequences and the Ladybird Relaxation, experience the benefits of incorporating yoga in the school day.

**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**

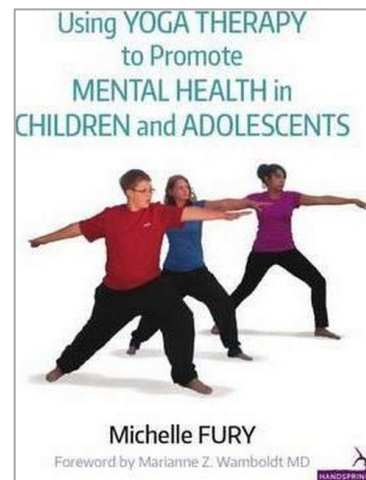
Help teens access the therapeutic power of yoga and mindfulness in their daily lives with this guide. Explaining the science of yoga and how this ties in with adolescent physical and neurological development.

**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**

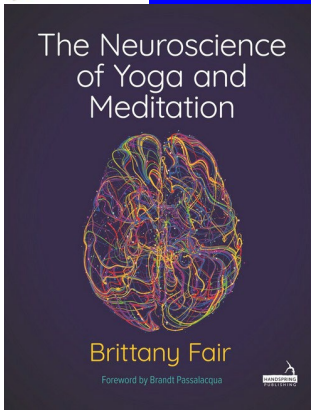
The book will outline a framework of clinical yoga therapy practice for mental health problems that addresses the whole child, rather than solely their symptoms.

**HANDSPRING PUBLISHING**

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

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





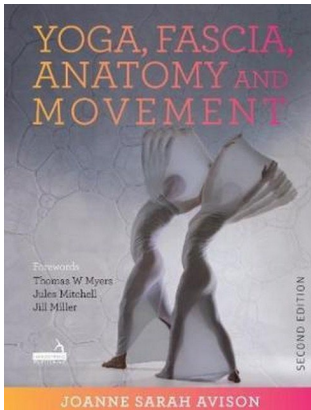
NEW

## 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**

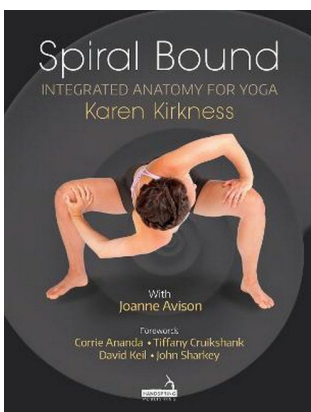


## Yoga, Fascia, Anatomy and Movement, Second edition

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**



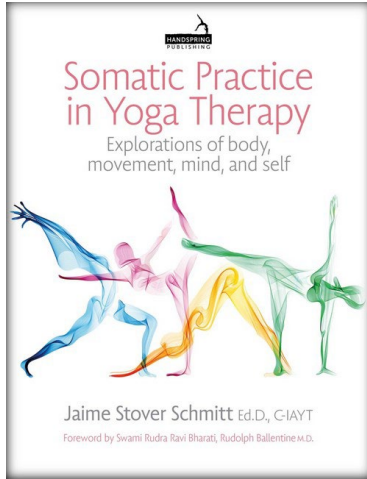
## Spiral Bound Integrated Anatomy for Yoga

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**

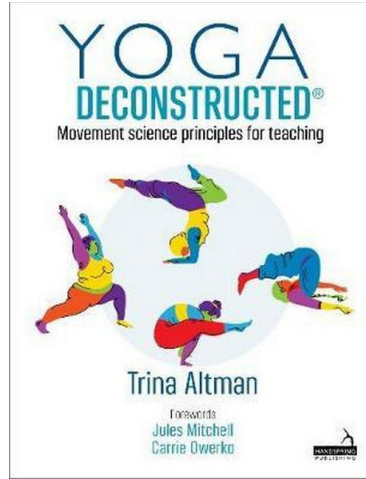




### Somatic Practice in Yoga Therapy

By Jaime Stover Schmitt

NEW



### 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.

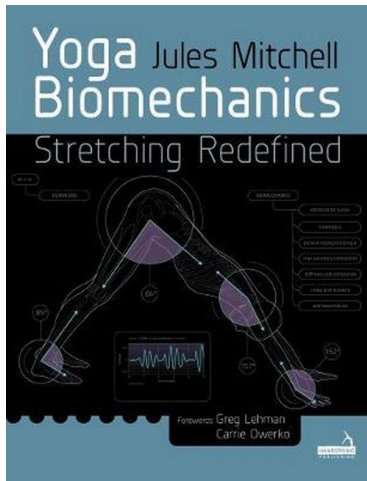
Many people are drawn to a physical yoga practice as a way to reduce stress and move more. However, because most of their time is spent at a desk, their bodies are often not prepared to perform many of the traditional physical poses.

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

Paperback  
304 pages  
**AUD\$: 81.99**

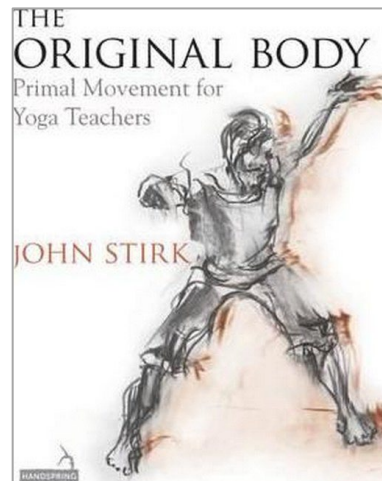
**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
245 X 190 mm  
Release Date: February 2021  
**9781912085446**

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.

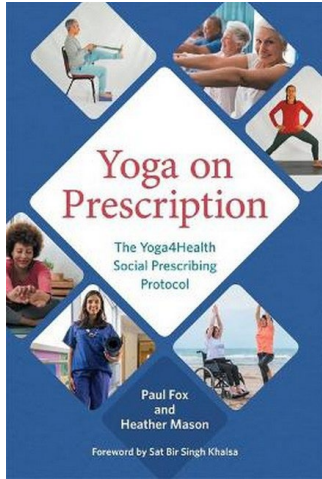
This book enables yoga teachers to inform and enrich their teaching by deepening their practice. *"The Original Body"* suggests that cultivating the ability to feel more deeply and intelligently into oneself.

**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**

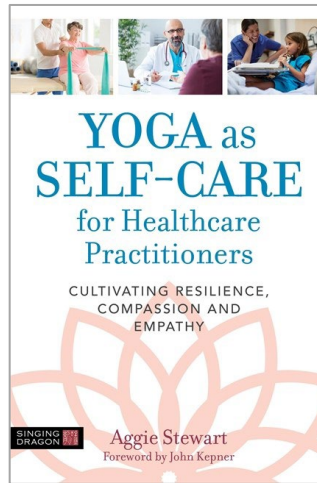


Exploring the benefits of yoga on social prescription, this book details the 10-week Yoga4Health social prescribing programme developed by the Yoga In Healthcare Alliance.

**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**



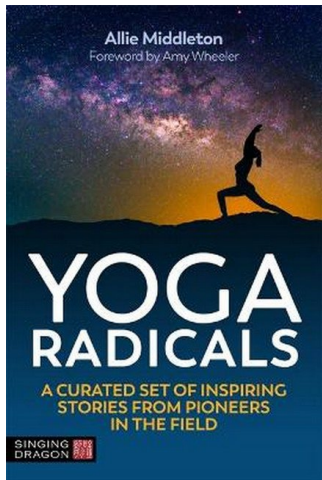
An introduction for healthcare practitioners on using yoga to help manage stress and reach one's full potential. The importance of self-care to prevent burnout and stress is increasingly recognised within healthcare professions.

**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**

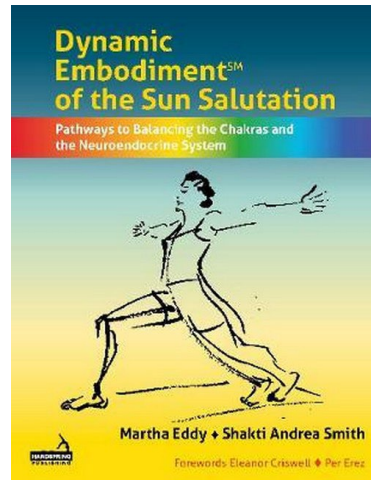


Consisting of curated interviews with yoga pioneers including Gail Parker, Heather Mason and Neil Pearson, this book shows the transformational benefits of personal yoga practice and uncovers a collective deepening.

**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**

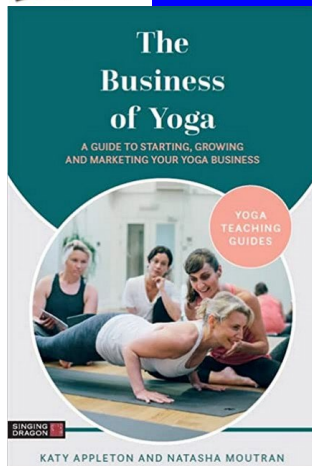


*Dynamic Embodiment of the Sun Salutation : Pathways to Balancing the Chakras and the Neuroendocrine System* guides you to do the Sun Salutation with more ease.

**HANDSPRING PUBLISHING**

Disc: ACAD & PROFESSIONAL  
245 X 190 mm  
Release Date: January 2022  
**9781912108596**

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*

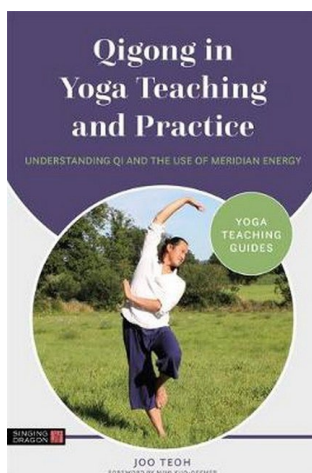
Many yoga teachers feel overwhelmed when it comes to grappling with the marketing and entrepreneurial aspects of their yoga business. With the market for yoga teachers becoming increasingly saturated, it is crucial that yoga teachers understand what makes their offering unique to implement a focussed 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.

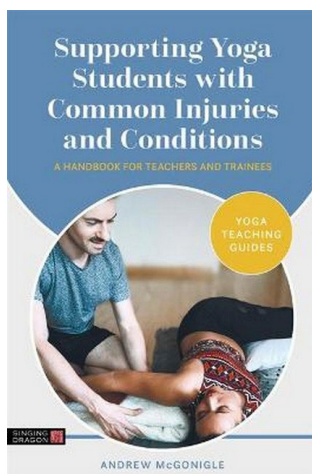
**SINGING DRAGON**

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

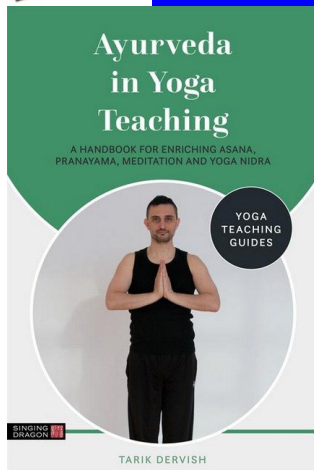
B&W THROUGHOUT

Rel Date: July 2021

**9781787754690**

**AUD\$: 49.99**





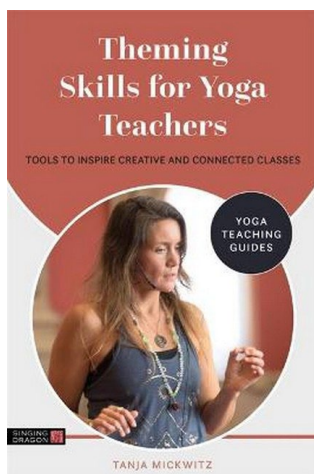
## Ayurveda in Yoga Teaching

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

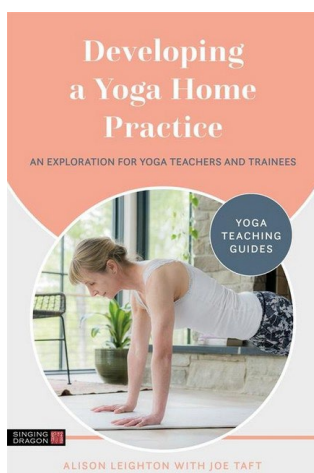
Tools to Inspire Creative and Connected Classes

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

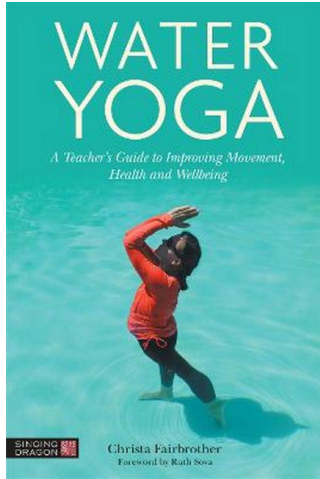
By **Alison Leighton, Joe Taft**

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**



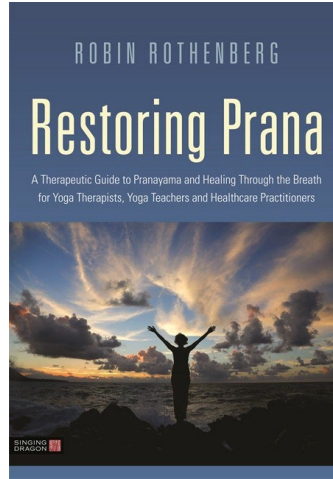
**Water Yoga****By Christa Fairbrother, Ruth Sova**

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**

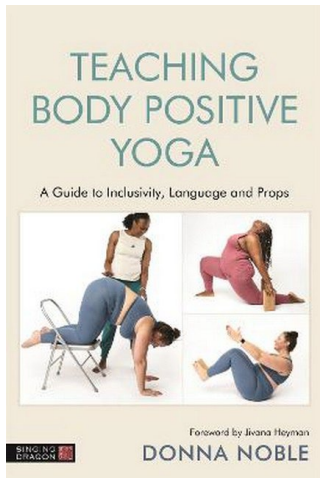
**Restoring Prana****By Robin L. Rothenberg, Kirsteen Wright**

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

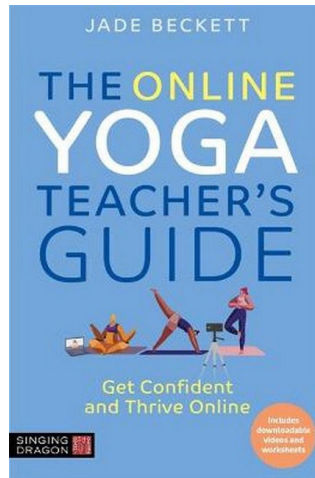
**AUD\$: 94.99****Teaching Body Positive Yoga****By Donna Noble, Jivana Heyman**

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**

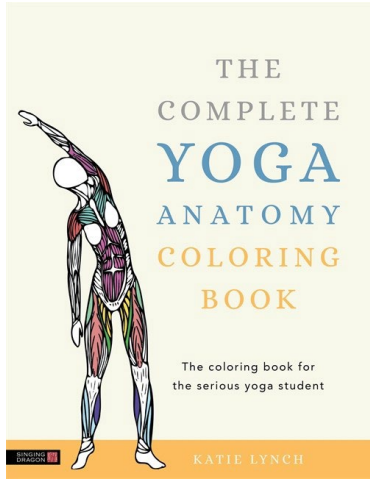
Online yoga classes are becoming increasingly popular and necessary. With a down-to-earth and friendly approach, this book guides yoga teachers on how to develop a streamlined and successful online yoga business.

**SINGING DRAGON**

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

Paperback  
160 pages

**AUD\$: 57.99**

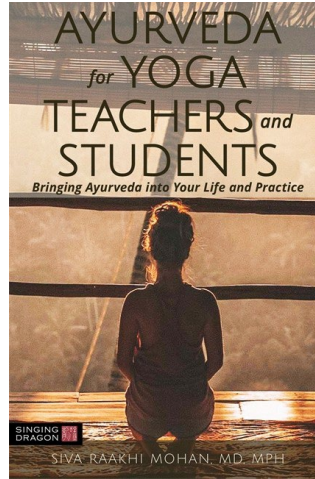
**Complete Yoga Anatomy Coloring Book****By Katie Lynch**

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**

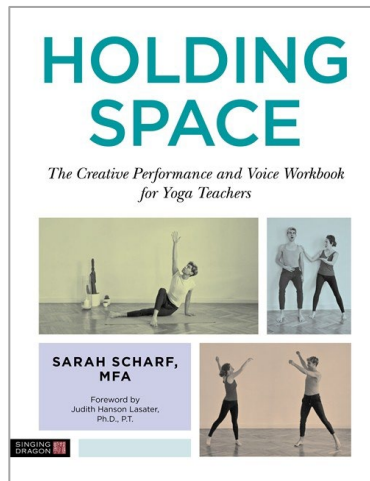
**Ayurveda for Yoga Teachers and Students****By Siva Mohan, Siva Raakhi Mohan**

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**

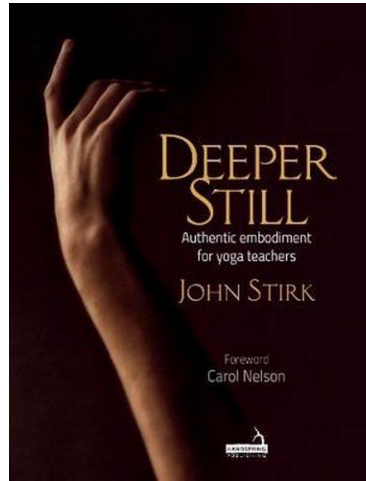
**Holding Space****By Sarah Scharf, Judith Hanson Lasater PT, Ph.D.**

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**

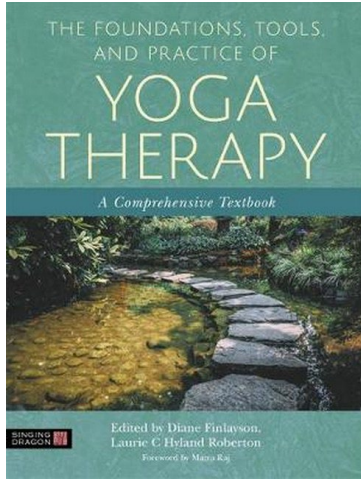
**Deeper Still****By John Stirk**

*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



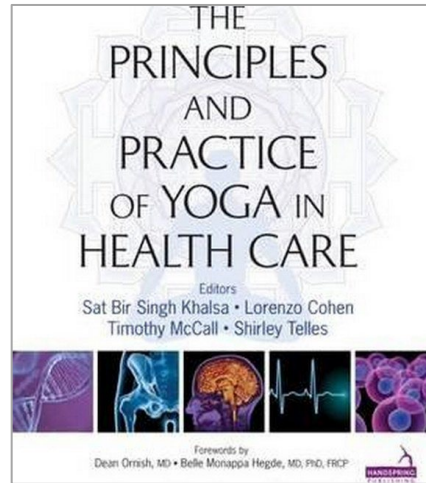
9 781787 754140

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



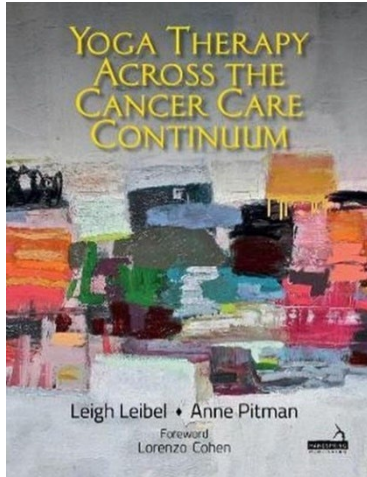
9 781909 141209

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



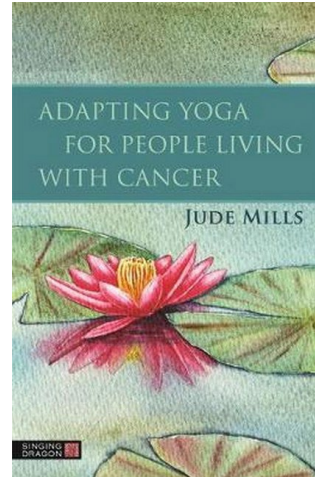
9 781912 085910

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



9 781787 756502

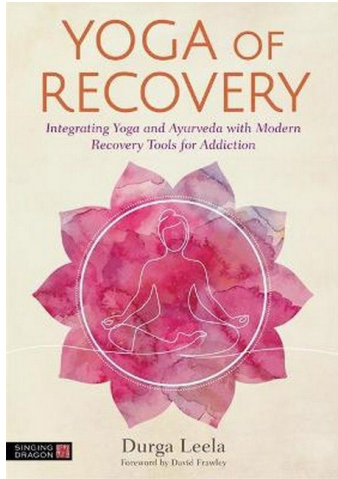
This practical guidebook provides an essential overview of living with cancer, treatments, and side effects, exploring the ways in which an adapted yoga practice can help to alleviate the negative impact.

**SINGING DRAGON**

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

Paperback  
176 pages  
AUD\$: 56.99



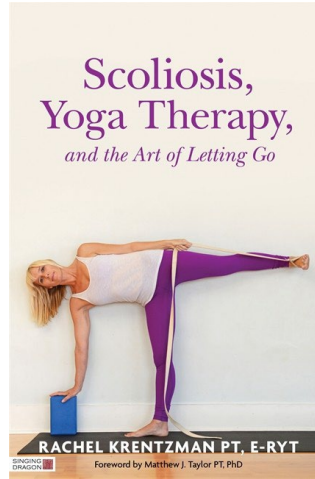
**Yoga of Recovery****By Durga Leela, David Frawley**

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**

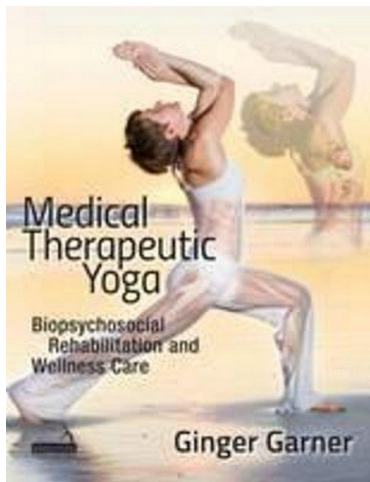
**Scoliosis, Yoga Therapy, and the Art of Letting Go****By Rachel Krentzman, Matthew J. Taylor**

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

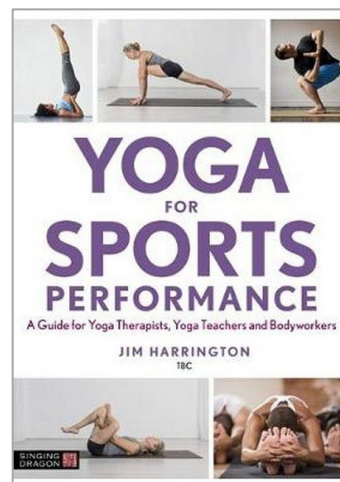
**AUD\$: 40.99****Medical Therapeutic Yoga****By Ginger Garner**

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**

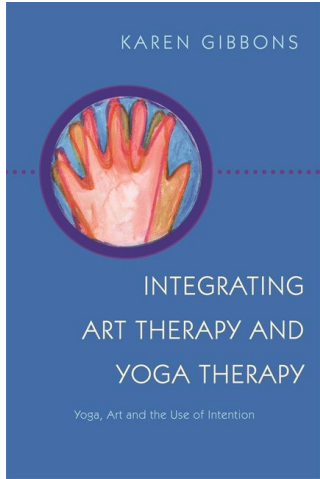
This manual for yoga teachers and bodyworkers provides guidance for working with athletes of all disciplines. It teaches basic principles for application of techniques.

**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

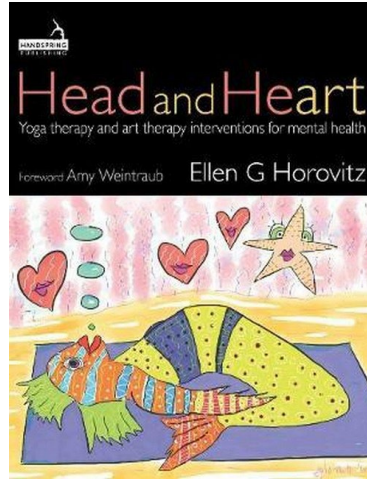
Release Date: July 2015

**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

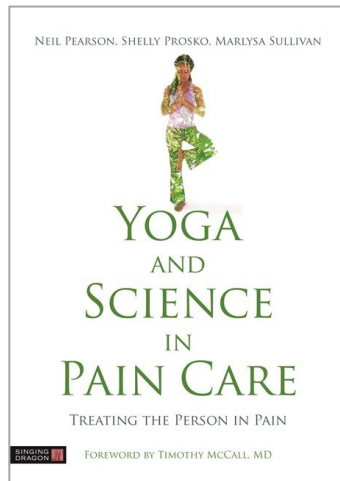
**9781912085835**

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

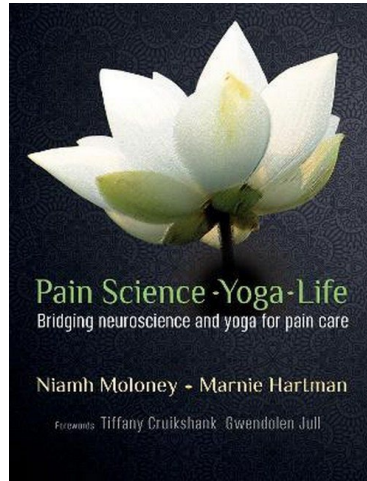
Release Date: November 2019

**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

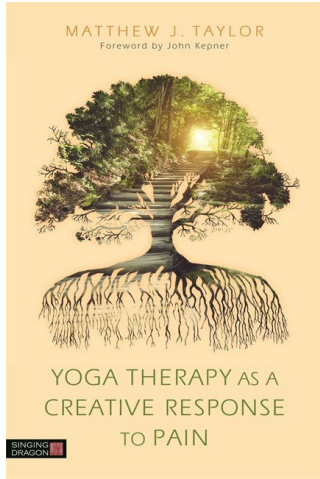
Release Date: November 2020

**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.

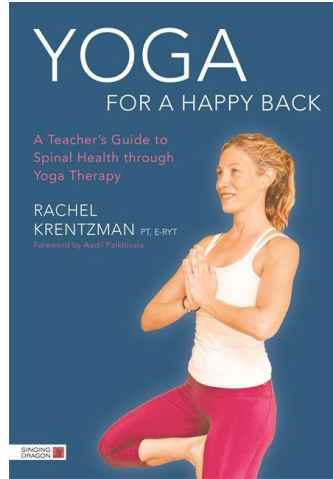
**SINGING DRAGON**

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, Aadi 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.

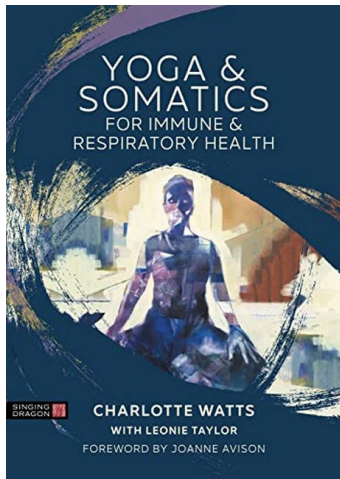
**SINGING DRAGON**

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*



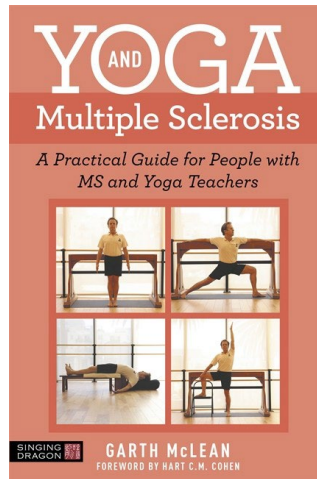
Our respiratory and immune systems are intrinsically linked to how we relate to the world around us. Engaging with our vitality through the movement.

**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.

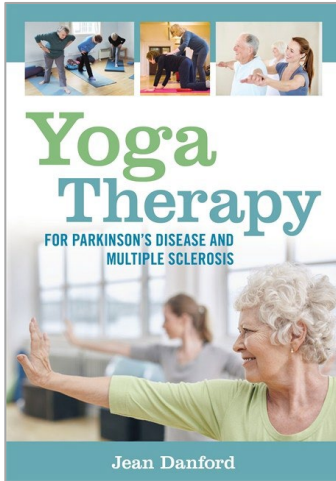
**SINGING DRAGON**

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*

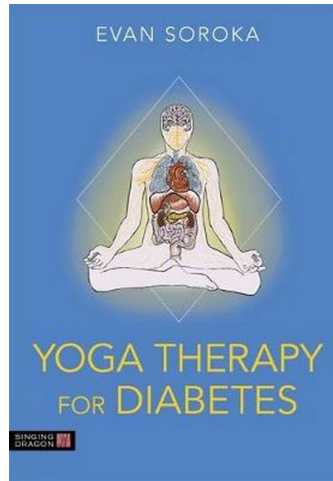
9 781848 192997

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*

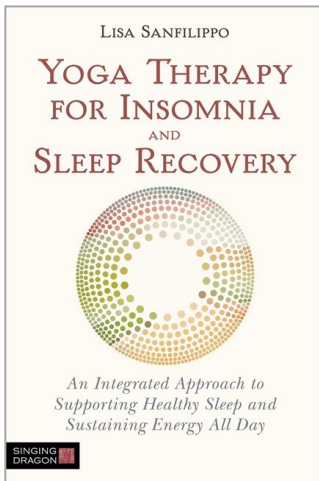
9 781787 752610

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.

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**Yoga Therapy for Insomnia and Sleep Recovery***By Lisa Sanfilippo*

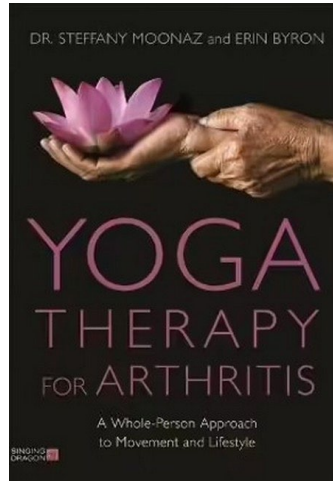
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Yoga therapy offers a truly holistic approach to solving the growing problem of insomnia. In this book expert yoga therapist Lisa Sanfilippo explains how yoga practices can be used to target the underlying issues.

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**AUD\$: 71.99****Yoga Therapy for Arthritis***By Dr Steffany Moonaz, Erin Byron*

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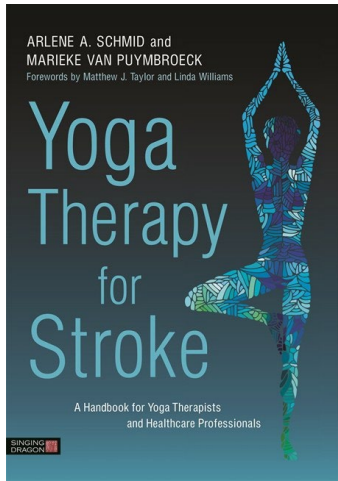
Yoga therapy is commonly used for the management of arthritis, but often focuses exclusively on adaptation of the physical poses and on structural solutions.

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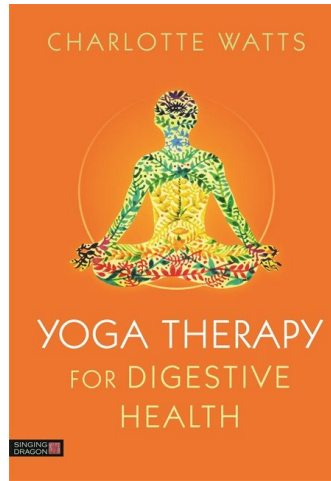
**Yoga Therapy for Stroke****By Arlene A. Schmid, Marieke van Puymbroeck**

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.

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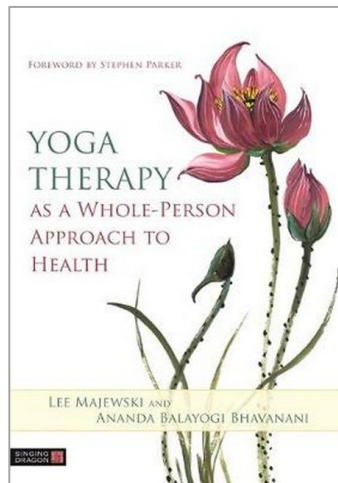
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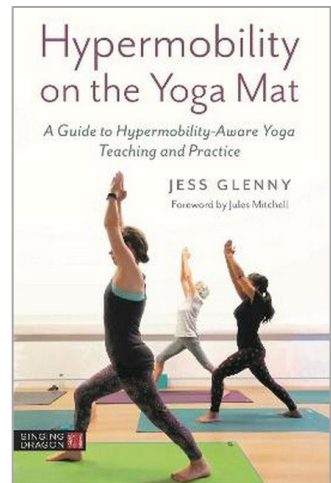
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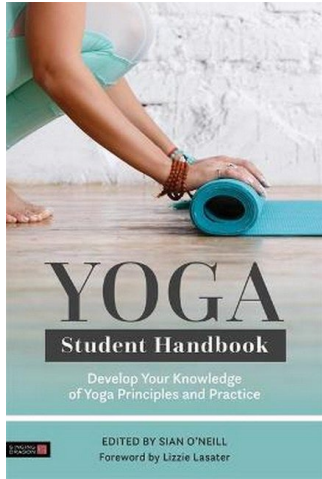
This book offers information and guidance to yoga teachers encountering hypermobile yoga students, and to hypermobile yoga practitioners themselves.

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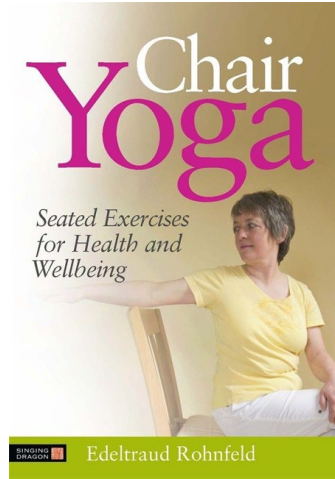
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**Yoga Student Handbook**

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**Chair Yoga**

By *Edeltraud Rohnfeld*



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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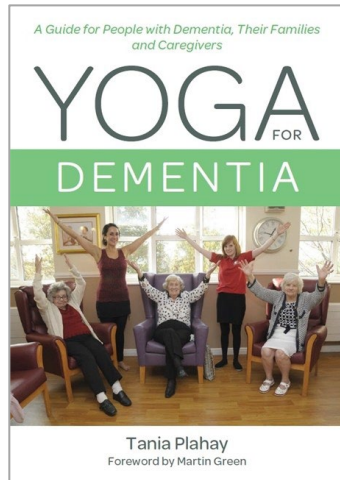
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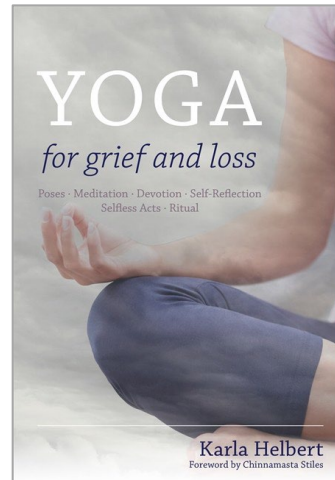
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**Yoga for Dementia**

By *Tania Plahay, Martin Green*



**Yoga for Grief and Loss**

By *Karla Helbert, Chinnamasta Stiles*



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.

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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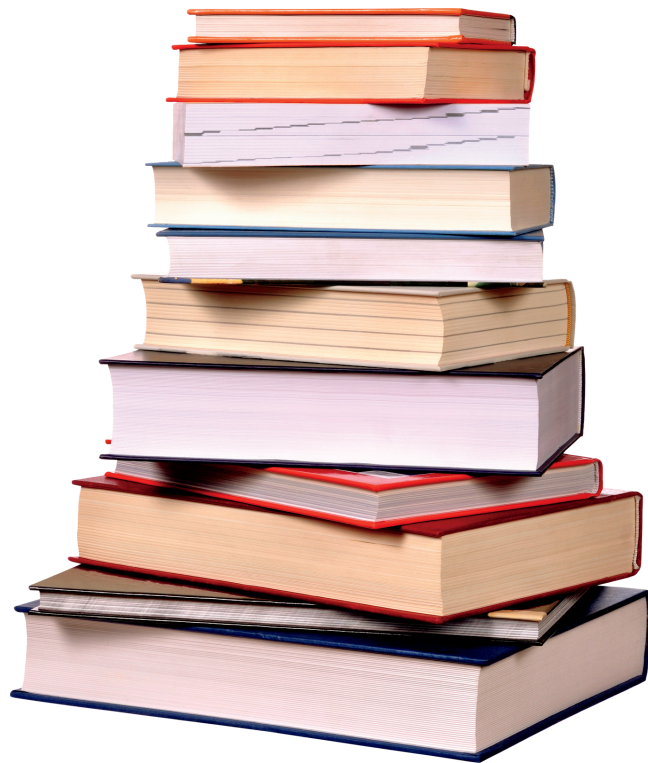


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