

Yoga for the Stress Reduction



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Thank you for participating in Yoga for Stress Reduction. For your information I have provided a list of resources. There is also a PDF available regarding choosing a yoga teacher.

If you have any questions regarding choosing a teacher in your area or your own yoga practice, please feel free to contact me.

Recommended Yoga Associations:

South Okanagan Yoga Academy: www.yogaessentials.com

Yoga Alliance: www.yogaalliance.com

Yoga Alliance of Red Deer: www.reddeeryoga.ca

Recommended Resources:

Lasater, Judith 30 Essential Poses for Beginning Students and their Teachers Rodmell Press, Berkeley, CA, 2003.

Lee, Cindi Yoga Body, Buddha Mind Riverhead Books, New York, 2004.

McCall, Timothy Yoga as Medicine Bantam Books, New York, 2007.

Sivananda Yoga Vedanta Centre Yoga Mind and Body Dk Publishing, New York, 2008.