



Suggested Reading

*Texts or DVDs marked * are priority resources for supporting the material covered on the course. Others give a helpful overview.*

Yoga

Desikachar, T.V.K. 1998. *The Heart of Yoga: Developing a Personal Practice*. Inner Traditions International

*Fahri, Donna. 2000 *Yoga Mind Body Spirit: a Return to Wholeness*. Harry Holt and Co. (An excellent foundation to the engagement of body and mind as integrated in a yoga practice particularly suited to women aiming to use yoga to recover health)

Franklin, Eric 2003 *Pelvic Power for Men and Women*. Elysian Editions, New Jersey.

*Hirschi, Gertrud 2000 *Mudras: Yoga in your Hands*. Red Wheel/Weiser Publications.

Iyengar, Geeta *Yoga, a Gem for Women* Allied Publishers, New Dehli 1983 (a pioneering book on Asanas and their effects on women's health from a woman's perspective and with illustrations of Geeta's yoga. For further references see BKS Iyengar's *Light on Yoga*)

Kaur Khalsa, Hari 2006 *A Woman's Book of Meditations*. Penguin Books

Kaur Khalsa, Shakta 2007 *Paperback Yoga for Women*. Dorling Kindersley.

*Lasater, Judith 1999 *Relax and Renew: Restful Yoga for Stressful Times*. Rodmell Press. (A classic, elaborating on BKS Iyengar's restorative yoga poses with particular reference to women's needs)

McCall, Timothy *Yoga as Medicine: the Yogic Prescription for Health and Healing*. Bantam Books 2007.

Miller, Richard 2005 *Yoga Nidra: the Meditative Art of Yoga (with CD)* Sounds True publications, Boulder Colorado

Muktananda, Swami 1998 (1977) *Nawa Yogini Tantra*. Bihar School of Yoga Publications. (a text with useful insights on applications of yoga to women's health and spirituality)

Ohlig, Adelheid 1994 *Luna Yoga: Vital Fertility and Sexuality* Ash Tree Publishing, New York. (an original integration of dance, yoga and tantra by a woman who healed herself from cancer)

Seibel, Michelle M. MD and Harijog Kaur Khalsa 2002 *A Woman's Book of Yoga: embracing our natural life cycles*. Penguin Books

*Sparrowe, Linda and Patricia Walden 2003 *Woman's Book of Yoga and Health*

*Shakta Kaur Khalsa *Yoga for Women*, Dorling Kindersley Hardback 2003, Paperback 2007 (a comprehensive well illustrated book touching on all phases on women's lives and conditions from the Kundalini Yoga tradition)

Swami Ambikhananda Sarswati, 2001. *Healing Yoga: A Guide to Integrating the Chakras with your Yoga Practice*. Connections Books Publishing. ((A helpful and simple presentation of the effects of particular asanas on the chakras for achieving a balance of elements and emotions)



Specific Anatomy & Physiology

*Calais-Germain, Blandine 2003 *The Female Pelvis: Anatomy and Exercises*. Eastland Press, Seattle. (This original anatomy book is still unique in showing the muscles and ligaments of the pelvis. The clear anatomical diagram of the pelvic floor muscles facilitate greatly the teaching of pelvic floor exercises the yoga way)

Kari, B. et al (eds). 2007. *Evidence-based Physical Therapy for the Pelvic Floor*. Elsevier.

Koch, Liz 1997 *The Psoas Book*. Guinea Pig Publications

Lasater, Judith 2009 *Yogabody: Anatomy, Kinesiology and Asana*. Rodmell Press.

Maddern, Ian ? *Yoga Builds Bones*. Element Publishers. (Yoga stretches for the prevention of osteoporosis and for symptom relief)

Holistic medical approaches to women's reproductive health

Hudson, Tori. 2007. *Women's Encyclopedia of Natural Medicine*. Mc Graw Hill, New York.

*Northrup, Christiane MD 2006 (third edition) *Women's Bodies, Women's Wisdom: The Complete Guide to Women's Health and Wellbeing* Bantam Books.

(Still the best book on a holistic approach to women's health)

Menstrual cycle

Bhaktipoornananda Saraswati, Swami 1998 'Getting the most from nature's cycles' (pamphlet available from the Satyananda Yoga Centre, London. (Satyananda tradition)

Clennell, Bobby 2007. *The Woman's Yoga Book: Asana and Pranayama for all Phases of the Menstrual Cycle*. Rodmell Press. (Iyengar tradition)

Menopause

*Francina, Suza, 2003. *Yoga and the Wisdom of the Menopause. A Guide to the Physical, Emotional and Spiritual Health at Midlife and Beyond*. Health Communications Books Inc. (One of few positive books on the 'change' and the effectiveness of yoga as an alternative to HRT)

Lonsdorf, Nancy M.D. 2002 *A Woman's Best Medicine for Menopause: Your personal guide to radiant good health using Maharishi Ayurveda*. Contemporary Books, McGraw Hill.

Lonsdorf, Nancy 2004. *The Ageless Woman: Natural Health and Beauty*. MCD Century Publications.

*Northrup, Christiane. MD 2006 revised edition *The Wisdom of the Menopause: The complete guide to physical and emotional health during the change*. Bantam Books.

Ojeda, Linda 1995 (1989) *Menopause without Medicine*. Hunter House Inc. Publishers

Cancer

Friedeberger, Julie 2002 *A Visible Wound*. Vega Publications

Relevant background reading

Carlson, Karen J, S.A. Eisenstadt and T. Ziporyn 1996. *The Harvard Guide to Women's Health*. Harvard University Press.



Chopra, Deepak 1987 *Creating Health: Beyond Prevention, Towards Perfection*
Houghton Mifflin Company, Boston

Dolmar, Alice and Henry Dreher 1996 *Healing Mind, Healthy Woman: Using the Mind-Body connection to manage stress and take control of your life.* Bantam Doubleday Books

Northrup, Christiane, 2006. *Mother-Daughter Wisdom: Creating a legacy of physical and emotional health.* Bantam Dell, New York (Outlines the importance of patterns passed down female lines)

Mookerjee, Ajit, *Kali, the Feminine Force*; Thames & Hudson 1988 (A beautifully illustrated book showing the multiple sides of the feminine in Indian cosmology)

Odent, Michel 2009 *The Function of the Orgasms.* Pinter & Martin, London.

* Pert, Candace 1997 *Molecules of Emotion* Simon & Schuster

Smith, Fritz Frederick 1986 *Inner Bridges: A Guide to Energy, Movement and Body Structure.* Humanics New Age

*Uvnás Moberg, Kerstin 2003 *The Oxytocin Factor: Tapping the Hormone of Calm, Love and Healing.* Da Capo Press. (a must reading for understanding the transformative power of bhakti and meditation)

Valins, Linda 1993 *Intimate Matters: Restoring balance and harmony to the feminine experience.* Gaia Books.

Shakti and sexuality

Chia, Manweewan 1986 *Cultivating Female Sexual Energy Healing Tao.*

Chia, Mantak, 2004. *Taoist Way to Transform Stress into Vitality.* Universal Tao Publications, Chang Mai.

Piontext. Maitreyi D. 2001. *Exploring the Hidden Power of Female Sexuality.* Weiser Books.

Russell, Jenni 2005 *Can a vagina really buy a Mercedes: what can your pelvic floor do for you?* JM Print Services Ltd, London.

Ayurveda

Lonsdorf, Nancy, M.D. 1995 *A Woman's Best Medicine: Health, Happiness and Long Life through Maharishi Ayur-Ve-da.* Penguin Putnam books.

Maya Tiwari, Bri. 2000 *The Path of Practice: a woman's book of ayurvedic healing.*
Michel Joseph/Penguin Books

Audio and visual resources

DVD Shiva Rea. *Yoga Shakti Practice: Transformational Vinyasa Yoga (Lunar salutations, Dancing Warrior)*

CD Mother Divine: the sacred chants of Devi: 108 sacred names of Mother Divine
Craig Pruess, Heaven-on-earth-music.co.uk

CD *Breathe and Relax* by Julie Friedberger (order through New Approaches to Cancer Trust)
CD Deva Premal

Useful websites

www.spirit crossing.org