

Mindfulness, Meditation and Yoga:

A Bibliography of Resources

May 2015

Stewart Resources Centre

Saskatchewan Teachers' Federation
2317 Arlington Avenue, Saskatoon, SK S7J 2H8
Telephone: 306-373-1660 Email: src@stf.sk.ca



152.46 O76

Roemer, Lizabeth

The mindful way through anxiety : break free from chronic worry and reclaim your life

New York: Guilford Press, 2011.

Summary: This book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without letting them escalate, loosening the grip of worry and fear, and achieving a new level of emotional and physical well-being.

Subjects: Anxiety Treatment.

152.47 K81

Kolts, Russell L.

The compassionate-mind guide to managing your anger : using compassion-focused therapy to calm your rage and heal your relationships

Oakland, CA: New Harbinger Pub. Inc., 2012.

Summary: This book takes a unique approach to helping readers overcome anger called compassion-focused therapy (CFT). It addresses the evolutionary origins of anger and offers readers CFT skills for understanding their own anger, feeling compassion for themselves, and developing compassion for others, including the targets of their anger.

Subjects: Compassion; Anger; Mindfulness-based cognitive therapy.

152.47 P985

Purcell, Mark C., and Murphy, Jason R.

Mindfulness for teen anger : a workbook to overcome anger & aggression using MBSR & DBT skills

Oakland, CA: Instant Help Books, 2014.

Summary: Being a teen in today's world is hard, and often teens struggle with feelings of anger toward themselves, their parents, and their friends. Using proven effective mindfulness-based stress reduction (MBSR) and dialectical behavioral therapy (DBT), Mindfulness for Teen Anger teaches teens the difference between healthy and unhealthy forms of anger. Inside, teens will learn to make better choices, stop overreacting, find emotional balance, and be more aware of their thoughts and feelings in the moment.

Subjects: Anger; Bullying; Violence; Emotions in adolescence.

152.47 S697

Somov, Pavel

Anger management jumpstart : a 4-session mindfulness path to compassion and change

Eau Claire, WI: PESI, Inc., 2013.

Summary: This book is a brief, field-tested clinical curriculum for breaking the impasse of chronic anger (either for a clinician or a self-helper). This solution-focused approach introduces 4 core mindfulness-powered change modalities: Impulse Control Training, Choice Awareness Training, Symbolic Threat Inoculation, and Somatic Emotional Self-regulation Training.

Subjects: Conflict management; Anger.

155.4189042 S179

Saltzman, Amy

A still quiet place : a mindfulness program for teaching children and adolescents to ease stress and difficult emotions

Oakland, CA: New Harbinger Pub., 2014.

Summary: *A Still Quiet Place* presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action. The easy-to-implement mindfulness practices in this guide are designed to help increase children and adolescents' attention, learning, resiliency, and compassion by showing them how to experience the natural quietness that can be found within. The still quiet place is a place of peace and happiness that is alive inside all of us, and you can find it just by closing your eyes and breathing.

Subjects: Stress management for teenagers; Emotions in children and adolescence.

155.518 V872

Vo, Dzong X.

The mindful teen : powerful skills to help you handle stress one moment at a time

Oakland, CA: Instant Help Books, 2015

Summary: Being a teen is stressful! Whether it's school, friends, or dating, the teen years are full of difficult changes—both mentally and physically. If you're like many teens, you may have difficulty dealing with stress in effective ways. You aren't alone, and there are things you can do to stay calm, no matter how stressful life becomes. All you need to do is stop, breathe, and be mindful and aware in the present moment.

Subjects: Stress management for teens.

155.937 K96

Kumar, Sameet M.

Mindfulness for prolonged grief : a guide to healing after loss when depression, anxiety, and anger won't go away

Oakland, CA: New Harbinger Publications, 2013.

Summary: This guide offers you real tools for overcoming the painful symptoms of prolonged grief. In the book, you will learn to relieve your pain by maintaining a healthy lifestyle, improving the quality of your sleep, and reconnecting with your life's goals. In addition, you will discover how mindfulness exercises and guided meditations can help you process your grief, manage your intense emotions, and deal with loss without resorting to avoidant behaviors (such as addiction) as coping mechanisms.

Subjects: Grief; Loss; Meditation.

158.12 A469

Altman, Donald

The mindfulness toolbox : 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress, and pain

Eau Claire, WI: PESI Publishing & Media, 2014.

Summary: Highly practical and well-organized, the book tackles the key areas of stress, anxiety, depression, and pain. The evident care and attention given to the guided scripts and handouts will help build the therapeutic relationship with patients all the while guiding them gently and

persistently toward a more expansive awareness and a deepened sense of self-compassion and self-acceptance.

Subjects: Thought and thinking; Self-actualization (Psychology); Mindfulness-based cognitive therapy; Anxiety; Meditationô Therapeutic use.

158.12 B667

Siegel, Daniel J.

Mindsight : the new science of personal transformation

New York, NY: Bantam Books, 2010.

Summary: This book offers exciting new proof that people aren't hardwired to behave in certain ways, but instead have the ability to harness the power of their minds to re-sculpt the neural pathways of their brains.

Subjects: Mind and body therapies; Mindfulness-based cognitive therapy.

158.12 B667

Bodian, Stephan

Meditation for dummies

Hoboken, NJ: John Wiley & Sons, Inc., 2012.

Summary: Learn to: explore effective meditation techniques, develop your own meditation practice, meditate for stress reduction, spiritual growth, and enhanced health and well-being.

Subjects: Mental health; Meditation; Relaxation; Mind and body.

158.12 B796

Brach, Tara

Mindfulness meditation [CD] : nine guided practices to awaken presence and open your heart

Boulder, CO: Sounds True, 2012.

Summary: Brach teaches you to find the tools to walk the path of mindful awarenessô and connect with your innate capacity for love, clarity, and inner peace.

Subjects: Meditation; Mental health.

158.12 G996

Gyatso, Kelsang

Meditations for relaxation [CD] : three guided meditations to relax body and mind

Toronto, ON: Tharpa, 2014.

Summary: Simple meditations for daily life from the Buddhist tradition.

Subjects: Buddhist meditation; Relaxation.

158.12 N195

Naparstek, Belleruth

Guided imagery mix [CD] : six brief meditations for mind, body & spirit

Akron, OH: Health Journeys, 2010.

Summary: This mix of 6 brief guided imagery segments was re-engineered and remixed from favorite titles into self-contained clips, to provide quick access to a relaxed, healing mind state - especially useful when time is short. It includes imagery for Favorite Place, Sitting in the Seat of

the Heart, Surrounded by Protection, Walking Meditation, Settling into the Body and Affirmations for Healing the Heart.

Subjects: Mind and body; Relaxation; Meditation.

158.12 S634

Sluyter, Dean

Natural meditation : a guide to effortless meditative practice

New York, NY: Penguin, 2015.

Summary: Whether you're a complete novice or you've tried it before, if you can breathe you can meditate. Guided by veteran teacher Dean Sluyter's easy-going, down-to-earth approach, you'll test-drive a variety of meditative "vehicles," such as breath, sound, the senses, the sky, and the simple sense of "I," and discover which ones fit you best. You'll find all the practical tips you need for adapting these methods to your daily life, even for a few minutes a day on the subway or in an office cubicle. As your life opens to deep happiness, clarity, peace, and creative energy, you'll be inspired to keep on practicing naturally.

Subjects: Meditation.

158.42083 W692

Willard, Christopher

Child's mind : mindfulness practices to help our children be more focused, calm and relaxed

Berkeley, CA: Parallax Press, 2010.

Summary: *Child's Mind* aims to teach parents and child professionals how to integrate mindfulness into their work with children and teach both young children and adolescents the basics of mindfulness and meditation. The book is a great resource for anyone who works with young people, including family coordinators at retreat centers, religious instructors in a range of traditions, teachers, therapists, and medical professionals. *Child's Mind* aims to teach children the power that comes with the comfort of just being, as well as the capacity to be, be aware, and be comfortable with oneself.

Subjects: Mind and body in children; Meditation for children.

204 B369

Beattie, Melody

The language of letting go journal : a meditation book and journal for daily reflection

Center City, MN: Hazelden, 2003.

Summary: This book consists of daily reflection meditations and devotional calendars.

Subjects: Meditations; Devotional calendars.

204.35 M648

Miller, John P.

The contemplative practitioner : meditation in education and the workplace

Toronto, ON: University of Toronto Press, 2014

Summary: In this book, John P. Miller, an expert in the field of holistic education, looks at meditation and how it can be integrated into one's work and daily life. Twenty years after it was first published, Miller's book remains one of the best guides to applying contemplative practice, covering a variety of theoretical, empirical, historical, and cross-cultural approaches. For this

new edition, Miller has updated the text to reflect the growth of the mindfulness movement, new research into the brain, and his years of experience teaching and practising contemplation in teacher education.

Subjects: Meditation; Contemplation.

242.63 A781

Arsenault, Jane E.

Guided meditations for youth on personal themes : leader's guide

Winona, MN: Saint Mary's Press, 1995.

Summary: Contains meditations on the themes of new life, discipleship, self-esteem, and secrets.

Subjects: Meditations; Youth Prayer-books and devotions.

294.3 N576

Nhat Hanh, Thich

Touching peace : practicing the art of mindful living

Berkeley, CA: Parallax Press, 1992.

Summary: The book features the conflict resolution tool of the Peace Treaty, the author's thoughts on a "diet for a mindful society" based on his interpretation of the Five Mindfulness Trainings, and early, prescient writings on the environment. Focusing on what is refreshing and healing in the world, he says, can be the basis for transforming society and the self.

Subjects: Religious life Buddhism.

294.34435 T871

Trungpa, Chogyam

Mindfulness in action : making friends with yourself through meditation and everyday awareness

Boston, MA: Shambhala, 2015

Summary: The rewards of mindfulness practice are well proven: reduced stress, improved concentration, and an overall sense of well-being. But those benefits are just the beginning. This guide to mindful awareness through meditation provides all the basics to get you started, but also goes deeper to address the questions that naturally arise as your practice matures and further insight arises. A distillation of teachings on the subject by one of the great meditation masters of our time, this book serves as an introduction to the practice as well as a guide to the ongoing mindful journey.

Subjects: Meditation Buddhism.

294.3444 H251

Hanson, Rick

Just one thing : developing a Buddha brain one simple practice at a time

Oakland, CA: New Harbinger Publications, Inc., 2011

Summary: This guide offers simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worth, resilience, effectiveness, well-being, insight, and inner peace. For example, they include: taking in the good, protecting your brain, feeling safer, relaxing anxiety about imperfection, not knowing, enjoying your hands, taking refuge, and filling the hole in your heart.

Subjects: Wisdom; Meditation Buddhism; Happiness.

294.3444 R584

Rinzler, Lodro

The Buddha walks into the office : a guide to livelihood for a new generation

Boston, MA: Shambhala, 2014.

Summary: This book offers an office guide for new interpersonal relationships and business aspects. You'll discover practical ways to bring mindfulness into administrative support, cabinet-making, financial management, nursing, truck-driving, or latté-brewing. In the process, you'll discover genuine empathy for the folks you once found so difficult. You'll also learn leadership skills that apply compassion to management in a way that increases happiness along with efficiency.

Subjects: Businessô Religious aspects; Interpersonal relationships; Buddhismô Spiritual life.

294.375083 N577

Nhat Hanh, Thich

Planting seeds : practicing mindfulness with children

Berkeley, CA: Parallax Press, 2011

Summary: *Planting Seeds* offers insight, concrete activities, and curricula that parents and educators can apply in school settings, in their local communities or at home, in a way that is meaningful and inviting to children. The key practices presented include mindful breathing and walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, children's versions of Touching the Earth and Deep Relaxation, eating meditation and dealing with conflict and strong emotions. Also included are the lyrics to the songs on the enclosed CD that summarize and reinforce the key teachings, as well as a chapter on dealing effectively with conflict in the classroom or difficult group.

Subjects: Attentionô Religious aspectsô Zen Buddhismô Study and teaching; Meditationô Zen Buddhismô Study and teaching; Buddhist education of children.

294.5435 P961

Pritz, Alan L.

Meditation as a way of life : philosophy and practice rooted in the teachings of Paramahansa Yogananda

Wheaton, IL: Quest Books, 2014.

Summary: This book is exceptional in how it guides readers who treasure inner growth and are looking for reliable direction on how to achieve it in an authentic and sustainable way. The author distills the teachings of many other spiritual traditions and religions, including Christianity, into an interfaith perspective that will appeal to all seekers of the divine. Specific elements include the foundations of spiritual practice; the benefits of energy-building exercises, affirmations, and healthy lifestyle regimens; instructions in mantra practice and inner-sound meditation; techniques for effective prayer; and guidelines to measure inner practice.

Subjects: Meditation.

294.5436 I97

Iyengar, B. K. S.

The tree of yoga

Boston, MA: Shambhala, 2002.

Summary: In *The Tree of Yoga*, the collected wisdom of his many years of practical practice and its application in real life are brought into a single-volume work. These are his core teachings and advice for living a long, healthy, happy life. Using the tree as a structural metaphor for both, life and yoga practice, the essays cover many aspects of life and practice which are vital to health and happiness and in need of care.

Subjects: Yoga.

362.25 M663

Williams, Mark

The mindful way through depression : freeing yourself from chronic unhappiness

New York, NY: Guilford Press, 2007.

Summary: Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience.

Subjects: Attention; Happiness; Depression.

362.29 P393

Peltz, Lawrence A.

The mindful path to addiction recovery : a practical guide to regaining control over your life

Boston, MA: Shambhala, 2013.

Summary: Lawrence Peltz draws from his clinical experience and on the techniques of mindfulness-based stress reduction (MBSR) to explain the fundamental dynamics of addiction and the stages of the recovery process, and also gives us specific mindfulness exercises to support recovery.

Subjects: Self-care; Rehabilitation; Substance abuse Treatment.

370.15 H354

Hassed, Craig, and Chambers, Richard

Mindful learning : reduce stress and improve brain performance for effective learning

Boston, MA: Shambhala, 2015.

Summary: Mindfulness-based stress reduction (MBSR) is now being successfully applied in myriad areas of human activity most recently, education. It's no surprise that psychologists and educators have found that mindfulness-based practices improve attention and performance and reduce stress in the classroom and in other school-based activities. This book is a thorough yet readable introduction to mindfulness and its applications and a primer for educators on how it can be used with students, with numerous practical exercises.

Subjects: Educational psychology; Mindfulness.

370.152 K81

Kolencik, Patricia Liotta

Encouraging metacognition : supporting learners through metacognitive teaching strategies

New York, NY: Peter Lang Publishing Inc., 2011.

Summary: This book is a compilation of essential metacognitive strategies to challenge students to learn to think and to think to learn. After first reviewing the concept of metacognition, the book then outlines several metacognitive strategies and how to incorporate and implement them in one's daily classroom practice. These fundamental and transparent methods aim to enable the teacher to act as a role model and to improve the development of learning.

Subjects: Thought and thinking; Study and teaching; Learning, Psychology of; Metacognition.

370.1523 S775

Srinivasan, Meena

Teach, breathe, learn : mindfulness in and out of the classroom

Berkeley, CA: Parallax Press, 2014.

Summary: In *Teach, Breathe, Learn*, Meena Srinivasan highlights how mindfulness can be an effective tool in the classroom. What makes this book truly unique is her perspective as a classroom teacher, wrestling daily with the conditions about which she writes. *Teach, Breathe, Learn* provides accessible, practical application of mindfulness to overcome challenges faced during the school day. Testimonials from students and colleagues are woven throughout the book. *Teach, Breathe, Learn* is designed for educators at all levels, parents interested in sharing mindfulness with their children, and anyone curious about how to cultivate their own mindfulness practice and eventually teach mindfulness to others. Part 1 helps teachers develop compassion and shift from "reacting" to "responding" to demands. Part 2 offers techniques for cultivating loving-kindness, gratitude and seeing students, colleagues, and parents as oneself. The last section of the book introduces a curriculum teachers can use to incorporate mindfulness into their classroom, replete with lesson plans, handouts, and homework assignments.

Subjects: Awareness; Study and teaching; Emotions and cognition; Learning, Psychology of; Mindfulness-based cognitive therapy; Attention; Study and teaching; Attention; Study and teaching.

370.1528 B864

Broderick, Patricia C.

Learning to breathe : a mindfulness curriculum for adolescents to cultivate emotion regulation, attention, and performance

Oakland, CA: New Harbinger Publications, Inc., 2013.

Summary: A secular program that tailors the teaching of mindfulness to the developmental needs of adolescents to help them understand their thoughts and feelings and manage distressing emotions. Students will be empowered by learning important mindfulness meditation skills that help them improve emotion regulation, reduce stress, improve overall performance, and, perhaps most importantly, develop their attention. Students will learn to pay attention in the moment, manage emotions as they are perceived, and gain greater control over their own feelings and actions. These mindfulness practices offer the opportunity to develop hardiness in the face of uncomfortable feelings that otherwise might provoke a response that could be harmful (e.g. acting out by taking drugs, displaying violent behavior or acting in by becoming more depressed).

Subjects: Mindfulness-based cognitive therapy; Behavior disorders in adolescence; Prevention; Adolescent psychology; Behavior modification.

370.154 Y73

Young, Joan

Encouragement in the classroom : how do I help students stay positive and focused?

Alexandria, VA: ASCD, 2014.

Summary: This book explores the small yet high-impact changes that teachers can make to transform students' school experience every day. The author explains how fostering humour, mindfulness, resilience, curiosity, and gratitude in the classroom empowers students to learn from their mistakes, celebrate successes, and actively engage in learning.

Subjects: Teacher-student relationships; Classroom environment.

370.78 D637

Kinakin, Chantelle

Youth yoga : starting off on the right foot - engaging the active and under focused learner

Saskatoon, SK: Dr. Stirling McDowell Foundation, 2009.

Summary: During a three-month period at Venture Heights School in Martensville, Saskatchewan, two teachers implemented a daily physical activity session called Fit Fifteen into their classroom routine. The Fit Fifteen involved the development of student-led, yoga-based activities. The teachers researched the impact of the physical activity session on their classroom and drew conclusions about the importance of physical education in the classroom.

Subjects: Yoga for children; Physical education and training; Action research in education.

371.102 D251

Schoeberlein, David & Deborah

Mindful teaching and teaching mindfulness : a guide for anyone who teaches anything

Boston, MA: Wisdom Publications, 2009.

Summary: By showing teachers how to tune into what's happening, inside and around them, she offers fresh, straightforward approaches to training attention and generating caring both in and outside of the classroom. *Mindful Teaching and Teaching Mindfulness* emphasizes how the teacher's personal familiarity with mindfulness plants the seed for an education infused with attention, awareness, kindness, empathy, compassion, and gratitude. The book follows a teacher from morning to night on a typical school day, at home, during the commute, and before, during, and after class.

Subjects: Teaching Psychological aspects; Reflective teaching.

371.1024 M663

The Hawn Foundation

The MindUP curriculum : grades 3-5

Toronto, ON: Scholastic, 2011.

Summary: This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life.

Subjects: Social skills; Behavior modifications; Classroom management.

371.1024 M663

The Hawn Foundation

The MindUP curriculum : grades 6-8

Toronto, ON: Scholastic. 2011.

Summary: This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life.

Subjects: Behavior modifications; Social values; Classroom management; Positive psychology.

371.1024 M663

The Hawn Foundation

The MindUP curriculum : grades preK-2

Toronto, ON: Scholastic, 2011

Summary: This research-based curriculum features 15 lessons that use the latest information about the brain to dramatically improve behavior and learning for all students. Each lesson offers easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set in both school and life.

Subjects: Classroom management; Behavior modifications.

371.2011 B881

Brown, Valerie and Olson, Kirsten

The mindful school leader : practices to transform your leadership and school

Thousand Oaks, CA: Corwin, 2015.

Summary: In a world in which educational leaders report immense overwhelm at work and an almost unending sense of stress, this book offers explicit practices to help educational leaders learn to pay attention to themselves and their surroundings. This guide shows school leaders how they can begin to create quiet and calm in their work lives so as to positively affect their schools, districts, staff and students.

Subjects: Meditation; Awareness; Stress Prevention; Educational leadership.

372.623 F546

Fitch, Sheree

Breathe, stretch, write : learning to write with everything you've got

Markham, ON: Pembroke Publishers, 2010.

Summary: Creative exercises in this book use simple movements and yoga principles to boost children's creativity as they write and play with words and ideas.

Subjects: Yoga; Creative ability in children; Breathing exercises.

612.8 S571

Siegel, Daniel J.

The mindful brain : reflection and attunement in the cultivation of well-being

New York, NY: W. W. Norton, 2007.

Summary: Over the last twenty years, there has been growing attention in the Western world to mindfulness paying attention to life in the present moment. Here, the author investigates the phenomenon of mindfulness as it impacts our daily lives, offering readers insight into personal relationships, emotional behaviour, parenting, and work.

Subjects: Awareness; Brain; Psychophysiology.

613.7046 A784

The art of yoga [kit]

Valencia, CA: Top That! Publishing, 2004.

Summary: Kit includes a DVD, a belt and a book written by Elly Lloyd.

Subjects: Yoga.

613.7046 B261

Barnett, Larkin

Creative yoga for children : using imagery to reinforce the essential principles of movement

Dayton, OH: Bridging the Gaps in Education, 2010.

Summary: This book offers step-by-step instruction for more than 60 poses, plus breakthrough breathing exercises that use fun, innovative imagery cues.

Subjects: Yoga for children; Exercise for children.

613.7046 C558

Chryssicas, Mary Kaye

Breathe : yoga for teens

New York: DK Publishing, 2007.

Summary: This book provides yoga fitness for teenagers. There is a DVD included.

Subjects: Yoga; Physical fitness for youth; Teenagers; Health and hygiene.

613.7046 F855

Freeman, Donna

Once upon a pose : a guide to yoga adventure stories for children

Victoria, BC: Trafford Publishing, 2009.

Summary: This one-of-a-kind guide shows you how to teach yoga to kids ages 3-12, breathing exercises with suggestions for asthmatics, relaxation techniques with easy to implement five minute guided imagery sessions. There is a multitude of fun yoga games and activities, and a section on yoga for special needs children. Each of the ten yoga adventure stories have French translations and take 20-40 minutes to complete. Also included are 108 classroom applications for preschool to Grade 6, along with numerous ideas to incorporate yoga into the program of studies taught in schools.

Subjects: Yoga for children; Children's stories.

613.7046 M382

Martin, Mary H.

Yoga for kids [CD] : an introduction to yoga

Long Branch, NJ: Kimbo Educational, 2004.

Summary: Allows your child to learn yoga at an early age. Watch your child learn yoga by observing familiar animal positions and objects. Yoga will help stimulate your child's major muscles.

Subjects: Music for yoga; Exercise for children; Yoga for children.

613. 7046 M498

Mehta, Mira

Yoga : the Iyengar way

New York, NY: A.A. Knopf, 1990.

Summary: A comprehensive, practical, and authoritative guide to the method developed by Iyengar. 100 key postures with detailed step-by-step instructions and photographs.

Subjects: Yoga.

613.7046 P887

Power, Teresa Anne

The ABCs of yoga for kids

Pacific Palisades, CA: Stafford House, 2009.

Summary: This multiple award-winning book uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. The text of the book is in Spanish; only the names of the individual poses are written in both English and Spanish. For example, children can learn the English alphabet and also about the corresponding yoga pose in Spanish.

Subjects: Yoga; Exercise.

613.7046 R261

Rawlinson, Adrienne

Creative yoga for children : inspiring the whole child through yoga, songs, literature, and games

Berkeley, CA: North Atlantic Books, 2013.

Summary: *Creative Yoga for Children* offers a simple, ready-to-teach Montessori-based yoga program for children age twelve and under. The book's forty detailed, one-hour lessons are designed to supplement any learning environment and are accessible to parents and teachers alike. Following the structure of a classroom lesson plan, each lesson incorporates elements of yoga including poses, breath work, meditation, and mindfulness. Allows children to move at their own pace and to be free to learn and grow within a non-competitive, nurturing setting.

Subjects: Yoga.

613.7046 S851

Stewart, Mary

Yoga over 50 : the way to vitality, health, and energy in the prime of life

New York, NY: Simon & Schuster, 1994.

Summary: Ten minutes a day can transform your life! Whether you're looking for an alternative to more strenuous exercise, or a gentle yet efficient way to stay fit, *Yoga Over 50* will enable you to reach new levels of physical vitality and mental clarity.

Subjects: Yoga; Exercises for middle aged people.

613.7046 S955

Sumar, Sonia

Yoga for that special child : a therapeutic approach for infants and children with Down syndrome, cerebral palsy, autism spectrum disorders and learning disabilities

Chicago, IL: Special Yoga Publications, 1998.

Summary: An innovative and easy-to-follow program for parents, educators, yoga teachers, and health care professionals. The book includes: A step-by-step, integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities. Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity. And early intervention program to assure the healthy formative development of infants and toddlers.

Subjects: Yogaô Therapeutic use; Developmentally disabled childrenô Rehabilitation.

613.7046 T258

Miku, Zoe

Teenyogi [DVD] : recharge the power within you

Europort, Gibraltar: Lichtung Media, 2010.

Summary: A DVD made for teens with teacher Zoé Miku.

Subjects: Yoga for teenagers; Health and hygieneô teenagers; Physical fitness for youth.

613.7046 T925

Tummers, Nanette

Teaching yoga for life : preparing children and teens for healthy, balanced living

Champaign, IL: Human Kinetics, 2003.

Summary: Using a whole-child learning approach, this book offers clear, step-by-step directions and numerous illustrations to assist teachers in presenting activities, lessons, and 52 yoga poses.

Subjects: Yoga for teenagers; Yoga for children.

613.7046 W224

Walsh, Gail Bentley

Yoga in the classroom : a step-by-step manual for K-12 school teachers

New York, NY: Yoga Mountain Press, 2008.

Summary: Help your students focus, relax, prepare for exams, create a calm environment for learning and improve test scores.

Subjects: Yogaô Study and teaching.

613. 792 B978

Bush, Ashley Davis

Shortcuts to inner peace : 70 simple paths to everyday serenity

New York, NY: Berkley Books, 2011.

Summary: The author helps readers learn how to hit the pause button amidst the chaos with a spirit of mindfulness-linking fast, easy, and restorative respites to ordinary everyday activities.

Once people begin to integrate these shortcuts into their daily lives, they begin to happen automatically. And when that happens, inner peace will no longer be a brief state of mind, but a way of life.

Subjects: Relaxation; Peace of mind.

613.852 D182

Dang Nghiem, Sister

Mindfulness as medicine : a story of healing body and spirit

Berkeley, CA: Parallax Press, 2015.

Summary: In *Mindfulness as Medicine* Sister Dang Nghiem leads readers through her profound journey of healing and shares step-by-step directions for the techniques she used to transform her suffering.

Subjects: Healingô Religious aspect; Meditation; Lyme disease.

616.8522 M158

McKinnon, Pauline

In stillness conquer fear : overcoming panic attack and agoraphobia

North Blackburn, Australia: Collins Dove, 1994.

Summary: Stress, anxiety, fear, panic - we all encounter these feelings at some time in our lives. But when they become constant companions we are crippled, our lives stifled by our inability to break free. Panic disorder and agoraphobia - fear of leaving the safety of home - cause suffering for a great many people today. In this fourth edition of her bestselling book, Pauline McKinnon describes how she found the answer to overcoming her own experience of agoraphobia by using a unique form of meditation.

Subjects: Panic attacksô treatment; Agoraphobicô treatment; Meditation; Self-help materials.

616.8522 T662

Tompkins, Michael A.

Anxiety and avoidance : a universal treatment for anxiety, panic, and fear

Oakland, CA: New Harbinger Publications, Inc., 2013.

Summary: The book includes present-moment awareness (mindfulness) techniques, motivational tools for overcoming experiential avoidance, and cognitive tools for reframing anxiety and fear. In addition, you will learn how to use your personal values as a vehicle for lasting change. This book teaches you the skills needed to better handle the underlying emotional reactions that lead to anxiety and panic in the first place.

Subjects: Cognitive therapy; Panic disorders; Anxietyô treatment

616.8527 S454

Segal, Zindel V.

Mindfulness-based cognitive therapy for depression : a new approach to preventing relapse
New York, NY: Guilford Press, 2002.

Summary: This bestselling work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an eight-week program with proven effectiveness. Step by step, the authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others.

Subjects: Depressionô Treatment; Cognitive therapy.

616.89142 E34

Eifert, Georg H.

ACT on life not on anger : the new acceptance and commitment therapy guide to problem anger

Oakland, CA: New Harbinger Publications, 2006.

Summary: You'll start by learning how to accept your angry feelings as they occur, without struggling to alter or impede them in any way. Then, using techniques based in mindfulness practice, you'll find out how to watch your anger without identifying with it.

Subjects: Anger Treatment; Self-help materials.

717.564 S312

Schatz, Mary Pullig

Back care basics : a doctor's gentle yoga program for back and neck pain relief

Berkeley, CA: Rodnell Press, 1992.

Summary: Her program encourages both positive health practices and a positive outlook; the important tools needed for prevention and healing. Dr. Schatz has designed this program to help those with pain from chronic musculoskeletal back and neck strain, spinal arthritis, osteoporosis, premenstrual syndrome, pregnancy, and scoliosis. Simple and practical ways to heal the back, restructure the body, and cope with stress are taught so that one becomes more sensitive to early warning signs of an impending "back attack" and what to do to ward it off.

Subjects: Backache Exercise therapy; Neck Pain Exercise Therapy; Yoga.

813.6 A361

Alderfer, Lauren

Mindful monkey, happy panda

Boston, MA: Wisdom Publications, 2011.

Summary: This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers. As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another - but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it.

Subjects: Pandas Juvenile fiction; Monkeys Juvenile fiction; Buddhism Customs and practices Juvenile fiction; Meditation Juvenile fiction.