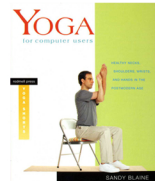




sandy blaine

Health & Wellness Writer



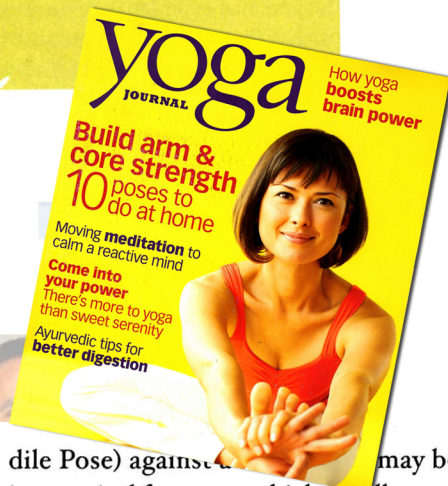
Yoga for Computer Users, Rodmell Press



Short and Sweet

A compact new book offers a digestible introduction to yoga philosophy.

BY JUDITH HANSON LASATER



deeply held belief in a Universal Consciousness, a spiritual orientation to life. All of yoga, then, is a study rooted in a personal connection with a teacher and a tradition, with a high value placed on the personal experience of one's inner truth. Whether you're new to the tradition or are in the middle of your yogic studies, this book is sure to broaden your understanding and send you back to the library for more.

book review

BY CAROL KRUCOFF

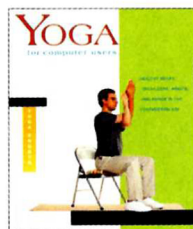
YOGA FOR COMPUTER USERS, by Sandy

Blaine. Rodmell Press; rodmellpress.com

Sitting in front of a computer all day can wreak havoc on the body, says San Francisco Bay Area yoga instructor Sandy Blaine, who's taught yoga and repetitive stress injury (RSI)-prevention seminars at high-tech companies for more than a decade. "I have seen firsthand, again and again, how damaging the combination of stress and the physical requirements of continual computer use can be," she

writes in her slim guide to yoga-based self-care for the technological age.

After a brief overview of the problem—basically, sitting too long with bad posture, often under stress—Blaine presents a program of postures, breathing techniques, and lifestyle practices to help prevent RSI. She divides these into two sections: "Desktop Yoga," yoga breaks to take during a workday, and "Computer-Free Yoga," to be done at home before



or after work. She also offers sequences and guidelines and ideas for incorporating yoga into everyday life.

Most of the poses in "Desktop Yoga" focus on the upper body—stretching and strengthening the back, chest, shoulders, neck, arms, and wrists. These include seated versions of Tadasana (Mountain Pose), Garudasana (Eagle Pose), and some forward bends. To counteract the effects of slumping at the desk, Blaine includes Salamba Makarasana (Supported Croco-

dile Pose) against the wall, which may be impractical for some cubicle dwellers.

The final section, "Everyday Yoga," offers some excellent suggestions, such as practicing being ambidextrous by stirring soup or opening doors with the nondominant hand. Near the book's end, Blaine cautions that her program is focused on preventing injuries, not treating them, and that some of the exercises may exacerbate an existing condition. So practice with care.

audio review

BY ERICA RODEFER

THE SONG OF THE TREE, by Lis Addison.

All Aglow Music; allaglowmusic.com

The key to good health lies in finding balance in the body's seven chakras, or energy centers. Yogis believe that when the chakras are clear, the path to higher consciousness—and enlightenment—also becomes clear. That's the idea behind *The Song of the Tree*, written and performed by Northern California sound healer and yoga teacher Lis Addison.

is to emphasize that at the heart of yoga (developed by an array of teachers, texts, and views over thousands of years) lies a



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