

AWAKEN YOUR SENSES

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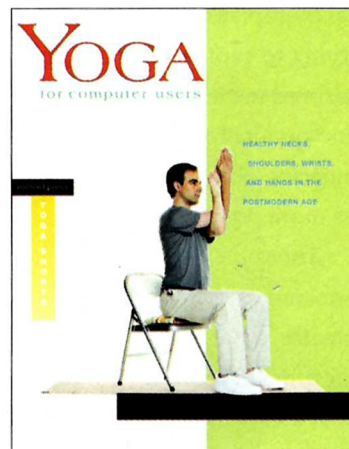
Edited by Suzanne Gerber



YOGA FOR COMPUTER USERS: healthy necks, shoulders, wrists and hands in the postmodern age

by Sandy Blaine;
Rodmell Press Yoga Shorts; 128 pages

Whether your work requires you to sit for long hours at your computer or you merely surf the Internet and e-mail to stay connected to friends and family, you no doubt spend more time at the computer than your body likes. As author Sandy



Blaine, a San Francisco Bay area yoga teacher, warns in the book, "The physical and mental effects of continual computer use are cumulative, and they may be hard to discern as they creep up on a person over months or years." Symptoms include tightness in the upper back and shoulders, shallow breathing, stress-induced hormonal imbalances, and repetitive stress injury (RSI). Blaine, who also penned *Yoga for Healthy Knees*, offers simple and effective asana to counteract these imbalances. Practice Mountain Pose on a chair with arms stretched overhead to release shoulder tension, or try a chair version of Downward Facing Dog pose to bring more mobility to the hip joints. Elegant and to the point, this book will fit in easily—both at the yoga studio and at the office.

—SAS