

sound effects), Elephant (with a "trunk" swinging up, down, and side to side), and Jellylegs (think Shoulderstand with wiggles). Each pose is introduced with a sweet cartoon accompanied by a short song describing the animal the kids will soon pretend to be or the action they will do. Then Wai Lana and her crew of about nine youngsters, aged three to eight, demonstrate the poses along a brilliant stretch of white sand and turquoise water. The tunes are catchy, the instruction minimal, and the demos inspiring—who wouldn't want to join a bunch of cute and happy kids doing yoga on the beach?

For bigger kids who are interested in Hindu folklore, Bear Cub Books has a collection of titles that includes *Karna: The Greatest Archer in the World*, *Hanuman's Journey to the Medicine Mountain*, and *How Ganesha Got His Elephant Head*. Written by Vatsala Sperling, who heard the stories from her mother when she was a young girl in India, they bring to life the dynamic myths of Parvati and Shiva, Ram, Hanuman, and Karna. Little ones might

enjoy hearing the tales and looking at the pictures, as each page has a captivating illustration by Sandeep Johari. And older kids will enjoy reading the richly symbolic and meaningful stories for themselves.

book reviews

MIDNIGHTS WITH THE MYSTIC, by Cheryl Simone and Sadhguru Jaggi Vasudev. Hampton Roads; hrpub.com

This collection of teachings from the mystic Sadhguru Jaggi Vasudev is filtered through the eyes and ears of one of his students, Cheryl Simone, a businesswoman from Atlanta. In this, her first book, Simone does a terrific job of outlining the American spiritual condition. She frames herself as a typically unfulfilled baby boomer: She experimented with drugs during the '60s, got married and divorced in the '70s, found terrific material prosperity in the real estate market in the '80s and '90s. But, as her worldly success grew, her health and vitality dwindled, leading her to ask the eternal question that drives spiritual seekers: Is this all there is?

Her life changed, she says, when she "gave up" and asked the universe for help. It answered in the form of Sadhguru, the charismatic founder of Isha Yoga, whom Simone first met at one of his lectures. The balance of the book contains Sadhguru's teachings as rendered by Simone. Together, they constitute a simple, direct, and accessible crash course in Vedanta, the yogic philosophy of nondifferentiation. "The more you get enslaved by the logical process of the mind, the more and more you aspire to be exclusive," Sadhguru tells Simone. "Yoga means knowing and experiencing everything as a part of yourself."

While Simone makes a great case for yoga as a path to expansion, it leaves practical instruction for another book and is instead heavy on the whys and wherefores of Isha's philosophical underpinnings. It's obvious that this master moved Simone. Read this book, and you will be moved, too. HILLARI DOWDLE



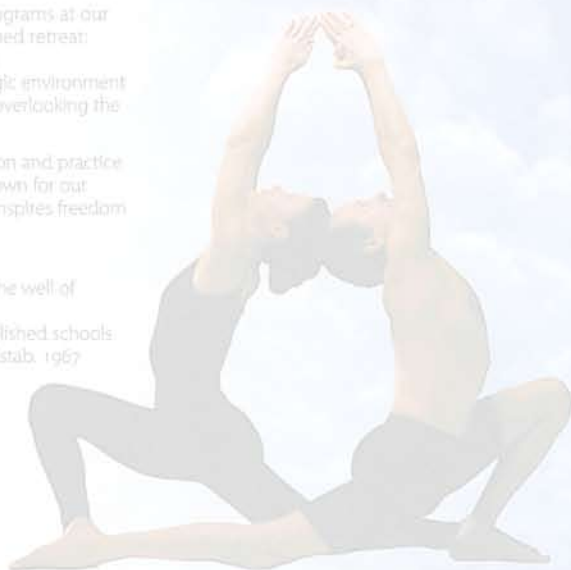
WHITE LOTUS YOGA TRAININGS & RETREATS

We invite you to exceptional programs at our beautiful, internationally renowned retreat: Taklushmon—The Gathering Place. Immerse yourself in the ideal Yogic environment in the Santa Barbara mountains overlooking the ocean and islands.

Receive comprehensive instruction and practice in all aspects of Yoga. We are known for our non-dogmatic approach which inspires freedom and contemporary insight.

Come to the Source. We welcome you to drink from the well of White Lotus Yoga. One of the finest and most established schools of Yogic thought and practice. Estab. 1967

GANGA WHITE & TRACEY RICH, DIRECTORS



White Lotus Yoga is the evolution of Yoga and fitness by offering authentic, natural teachings of the yoga process as well as self-healing—adapted to modern and Western influences. One experience is White Lotus™—Shiva Rea, yoga teacher, Ph.D., inspiring a global revolution in the practice and offering the practice of Yoga Beyond the Mat to students. For continued insight—Andrew Weil, MD, Yoga Beyond the Mat, by Tracey Rich, Harvard Medical School, First published

YOGA TEACHER TRAINING: 200-hour training with Ganga White and Tracey Rich. Our acclaimed, residential certification program.

SACRED BREATH PRANAYAMA RETREAT: 100-

THERAPEUTIC YOGA TRAINING: 100-Weeklong certification in Yoga Therapy for Yoga teachers and healthcare professionals with Cheryl Campbell and Arlene Krakauer.

THAI MASSAGE WEEKEND: 100-

MEMORIAL & LABOR DAY RETREATS: 100-

DEEPENING YOUR PRACTICE: 100-

Weeklong training and continuing education with Ganga and Tracey for experienced students and teachers. Deepen your practice and explore insights into advanced Yoga. Daily practice, pranayama, meditation, sound, and philosophical inquiry.

WHITE LOTUS WEEKEND: 100-

An outstanding four day weekend of Yoga with Tracey Rich and Ganga White.

THAI YOGA THERAPY TRAINING: 100-

Complement Yoga with the sacred system derived from authentic Yoga, Ayurveda and Buddhist practices. Learn hands-on tools for teaching yoga, therapeutic massage, restorative yoga, meditation and more a day residential with Phasie O'Brien.



2500 San Marcos Road Santa Barbara, CA 93109

805-964-1944

www.whitelotus.org