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 Ganesh 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 Jhohari. 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; hpub.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