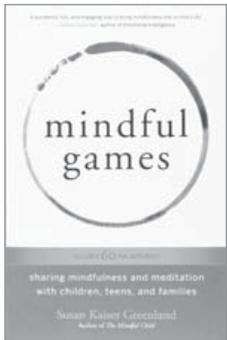


Audio Reviews

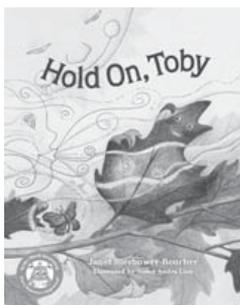
by practicing poses like our animal friends: balancing like a bear, rising like a cobra, soaring like an eagle, roaring like a lion, bending like a camel, swimming like a dolphin, hands under toes like a gorilla, and more. The author encourages children to use yoga to calm down and feel strong. And most of all, "Remember to breathe, use only your nose, inhale and exhale, stay calm in each pose." A recap of the poses as Lyla's Yoga Flow, with detailed instructions, is given at the end. The best children's hatha yoga book we've seen! Recommended ages: 4-8.



MINDFUL GAMES, Sharing Mindfulness and Meditation with Children, Teens and Families by Susan Kaiser Greenland; Paperback, 5x8, 202 pp, \$16.95; Shambhala Publications 2016, Shambhala.com.

WHEN CHILDREN AND TEENS focus on the present moment, they learn to sense impressions as clues to stop and listen before speaking and acting, and thus become less reactive and more receptive to what

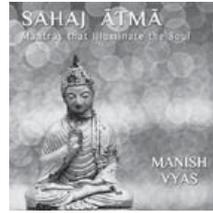
is going on within and around them. *Mindful Games* teaches six life skills: focusing, quieting, seeing, reframing, caring and connecting to develop wisdom and compassion for oneself and the world around us. Each chapter includes stories, guidance and plenty of fun games to encourage mindful breathing, paying attention, developing an open mind, deepening appreciation, and nurturing a peaceful heart. Also helpful is advice on learning to do a body scan, connecting with others, and finding freedom from hurtful or painful thoughts. The last chapter includes tips for leading mindful games, as well as FAQ's. This book is an invaluable guide for children and teens to develop focusing skills, learn to regulate emotions, and respond to situations calmly, with kindness and compassion.



HOLD ON, TOBY by Janet Bierbower-Boucher, Illustrated by Susan Andra Lion; Hardcover, 9x11, 32 pp, \$16.99; Windy Island Publishing LLC 2016, Satiama.com.

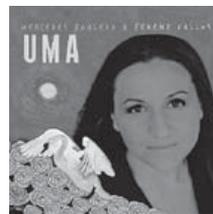
TOBY THE LEAF grows on a big tree in the great woods along with hundreds of other leaves. As he grows big and strong and turns from pale green to deep green, Toby experiences the world through a

wiggly striped caterpillar, people who picnic in the shade beneath his tree, the warmth of the sun, the thrill of the soft breeze. Everyone and everything tells him the best is yet to come: "Hold on, Toby." Then one night Jack Frost comes and tells him, "Tomorrow you will be the best you can be." Through the natural cycles of life children discover the miracle of transformation in this beautifully illustrated book.



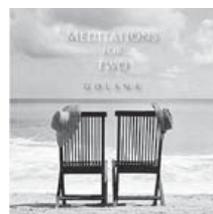
SAHAJ ATMA: Mantras That Illuminate the Soul by Manish Vyas, 62 min, 2017; CD \$17/MP3 \$9, ManishVyas.com

MANISH VYAS IS JOINED by a talented ensemble of some of India's finest musicians and vocalists on his latest recording, *Sahaj Atma*. These Sanskrit mantras are as old as time, and yet feel as fresh as a lotus blossom at sunrise. The mantras include *Sahana Vavatu*, *Lokaha Samastaha*, *Sahaj Atma*, *Vande Gurudev*, *Jaya Ambe*, and *Shanti Mantra*. A sublime atmosphere is created by the chanting of these heavenly mantras, imbued with the sounds of the sitar, bansuri-flute, violin, harmonium, tanpura, swarmandal, santoor and guitar. These mantras bestow peace and purity, creating a perfect atmosphere for meditation, yoga, healing, and deep relaxation.



UMA by Mercedes Bahleda and Ferenz Kallos, 87 min, 2017; CD \$17/MP3 \$9, WhiteSwanRecords.com

MERCEDES IS A professional singer, yogini, and artist dedicated to helping others radically transform their hearts and minds through wisdom, meditation and music. Her latest album, *Uma*, is an exquisite collaboration with composer Ferenz Kallos. Mercedes' incredible vocal range and devotion transport the listener in these ancient mantras to the Guru, Lord Krishna, and the Goddess. The title song, *Uma*, is a playful, childlike homage to Goddess Parvati, the embodiment of Shakti. The Tibetan prayer, *Sky Dancer/ Kandroma*, pulses with life and power. Mercedes' soaring intonation of a Greek mantra to Jesus with lush cello accompaniment bestows profound peace. Opera singer Jenna Karl guests on a twenty-six-minute *sadhana*, *Om Shanti*, with airy flutes, deep strings, and rolling harmonies over the steady drum of a heartbeat. For spiritual absorption, this is the finest album we have heard in a long while!



MEDITATIONS FOR TWO by Golaná, 50 min, 2014; CD \$13/MP3 \$7, SpringHillMedia.com.

GOLANÁ (CHEROKEE for Raven) is a member of the Deer Clan West of the Echota Cherokee Tribe of Alabama. His music offers a deep spaciousness and reverence imbibed from nature's serenity.

In his latest album, *Meditations For Two*, he plays Native American and other flutes in duets with some of LA's finest musicians: Cameron Stone on cello, Scott Hartley on piano, Charlie Bisharat on violin, David Chamberlin on guitars and keyboards, and Stephanie Bennett on harp. As he writes, "When I play, it's the long, drawn-out sounds of the flute that capture the feelings, the emotion and the passion in the compositions.... I want the listener to slow down, match the mood of the music..." Over a decade in the making, this lovely album evokes yearning and grace.