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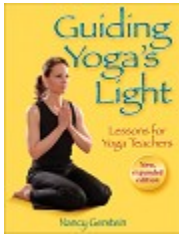
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New Yoga Lessons Book Encourages Mindful Practice On and Off The Mat.

Champaign, IL-- Now in an updated, expanded edition, *Guiding Yoga's Light* presents 74 succinct, easy-to-follow yoga lesson plans to guide students through the multifaceted lessons of yoga. These include breathing lessons, teaching the yamas and niyamas, learning the chakras, and creating mindfulness. The text also includes three new, teacher-requested chapters: Salutations in Motion, Lessons of the Heart Center, and Relaxation. For convenient reference, teachers and students can also refer to the vocabulary of Sanskrit pronunciations included in the glossary.

The text takes students and teachers on a journey through the diverse aspects of yoga to understand the foundations of hatha practice. Complete lesson scripts are provided to help teachers focus each class and guide their students along the extraordinary yogic path. Beginning with the basics of breathing, *Guiding Yoga's Light* progresses to the physical and spiritual philosophy of the asanas and salutations and ends with lessons to bring clarity, calmness, and relaxation into daily living.

Guiding Yoga's Light: Lessons for Yoga Teachers interprets yoga's 5,000-year-old philosophy in an effort to inspire, delight, and empower yoga students to enrich their physical, emotional, and spiritual lives both on and off the mat. With each lesson, *Guiding Yoga's Light* demonstrates how the strength, balance, and stretching of the physical practice can inspire a healthy, complete, and joyous existence. For more information on *Guiding Yoga's Light*, or any other yoga resources, visit www.HumanKinetics.com or call 1-800-747-4457.



ABOUT THE BOOK

Guiding Yoga's Light: Lessons for Yoga Teachers

Nancy Gerstein

Paperback · 256 pp

ISBN 978-0-7360-7428-5 · \$29.00

ABOUT THE AUTHOR

Nancy Gerstein has been a student of yoga for almost 30 years and a certified hatha yoga teacher with the Himalayan Institute of Yoga Philosophy and Science. Ms. Gerstein is also a reiki master practitioner and yoga therapist.

As a workshop speaker and frequent contributor to *Yoga Chicago Magazine*, Gerstein shares her experience as a yoga teacher and student emphasizing the systematic integration of yogic philosophy into daily living, encouraging her students to take their yoga out of the classroom. She is a member of the Himalayan Institute Teachers Association (HITA), the International Association of Yoga Therapists, Midwest Yoga Teacher's Network, and Yoga Alliance.

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