

# yoga

JOURNAL

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YOGA S  
WEIGHT

a celebration—a spiraling funnel of bliss energy that enfolds all. K.D. knows that devotion is the biggest party in the universe. ALAN DI PERNA

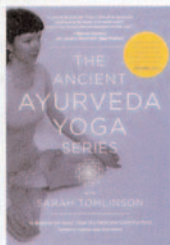
## video/audio reviews

### THE ANCIENT AYURVEDA YOGA SERIES

with Sarah Tomlinson. *Ayurveda-Yoga Institute*, [www.ayurvedayogainstitute.com](http://www.ayurvedayogainstitute.com); 70 min.

This series is “inspired” by the ancient Ayurvedic healing system but is a modern invention, consisting of 21 poses divided into three sections. In sequence, these relax, harmonize, and energize the body-mind. (The sections can be practiced individually as well.)

To acknowledge the energetic sympathy between the cosmos and the embodied self, instructor Sarah Tomlinson dedicates each pose to one of seven “planets” (including the sun and moon). Calling attention to its characteristic quality (Mars is “passion,” for example),



she offers a corresponding mantra plus a geometric “instrument,” or *yantra*, as a visualization “prop” to be used during relaxation.

I enjoyed practicing within the broader “planetary” context, but offer one caveat: With poses like free-balancing Scorpion, Headstand, and Lotus, this one is for experienced practitioners. RICHARD ROSEN

## book reviews

### THE COMPLETE BOOK OF VINYASA YOGA: The Authoritative Presentation,

*Based on 30 Years of Direct Study Under the Legendary Yoga Teacher Krishnamacharya, by Srivatsa Ramaswami. Marlowe & Company.*

This may be the most comprehensive and challenging asana guide to be published in decades—perhaps ever. The author, who studied with the legendary T. Krishnamacharya for more than 30 years, has compiled some 900 poses and variations in this presentation of vinyasa *krama*, “movement and sequence methodology.”

A great many of these poses are seldom taught today, but according to Ramaswami,