

YOGA

magazine

monthly

Mind – Body – Spirit

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CITY OF 10,000 BUDDHAS

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An Indian sanctuary
A tale of 2 Yoga cities

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BIKRAM BITES BACK

exclusive interview
with Michele Pernetta

5 FAB HOLISTIC THERAPIES

get re-energised
and vitalised

Plus:

What's hot

Samakonasana

Dana Yoga

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NYC

(New Yoga clothes)

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women's health

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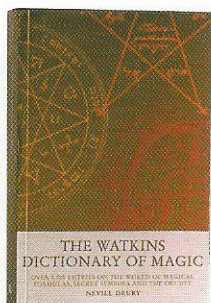
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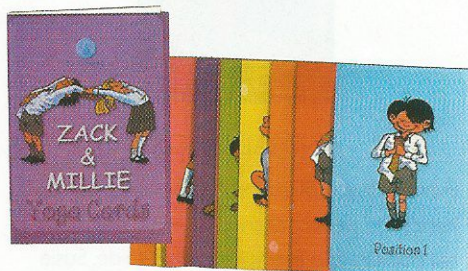


everyone's favourite yoga magazine



THE DEFINITIVE GUIDE TO MAGIC

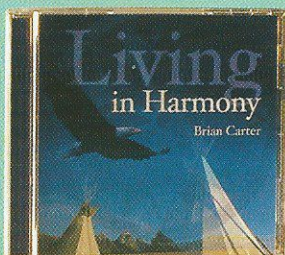
We come across many different ideas about magic and the occult – just think of your favourite thriller or horror movie. But the terms also cover many diverse spiritual and classical traditions. This is an invaluable and definitive guide providing concise definitions of magical rituals, symbols and the occult, a compendium of knowledge covering everything from spells to deities and a whole range of traditions including the Hermetic and Gnostic. There are also bonus sections on Kabbalah and the Tarot. So if you don't know your Hagith from your Hekau then this is the book for you. And, no, Gematria is not the name of an Indian curry! Nevill Drury is author of over 40 books including *The Dictionary of the Esoteric* and holds a Master's degree in anthropology. He is an expert in writings and workshops on magic, visionary consciousness and shamanism. *The Watkins Dictionary of Magic* is published by Watkins Publishing and is priced £12.99 and US \$17.95.



MEET ZACK AND MILLIE

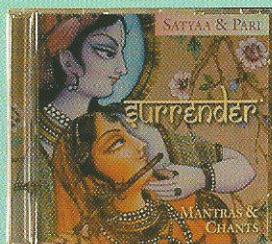
In this pack of cards Zack and Millie perform the Sun Salutation sequence of exercises. Each card shows Zack or Millie bending and stretching into each of the poses that makes up this ancient series of 12 postures. It also explains the posture, how to perform it, its benefits, and is ideal for children. *Zack & Millie Yoga Cards* are priced £9.95. For more information and stockists contact www.beshaanti.com.

cds start here



LIVING IN HARMONY

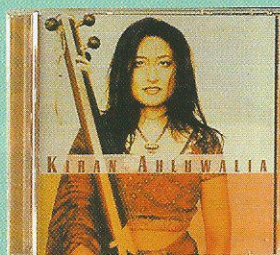
This is the sequel to Brian Carter's *Walking in Harmony* and is the next stage of this life-enriching musical journey. It studies the relationship between poverty and deep spiritual wealth. Flavours from Native American culture help to make this album special. Prepare for a new wave of energy. *Living in Harmony* by Brian Carter is released by New World Music.



SURRENDER

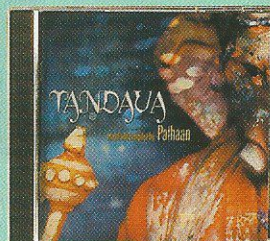
Devotional chant at its best from two of the hottest names in the industry. This is the fourth album from Satyaa and Pari, containing powerful mantras, chants and devotional songs. Love and passion ooze from the tracks covering the popular *Govinda Jaya*, *Om Arunchala* and *Hare Ram Sita Ram* mantras. Satyaa contributes her talent to the album with her vocals, harmonium and tempura. And Pari adds vocals, guitars and bouzouki. The album is produced by

Satyaa, Pari and Rishi in the Free Floating Mobile and recorded in Corfu, Greece. *Surrender Mantra & Chants* by Satyaa & Pari. For availability log onto www.satyaa-pari.com.



KIRAN AHLUWALIA

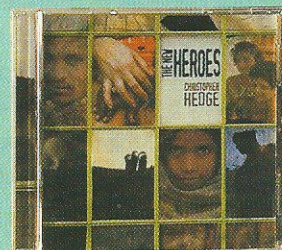
Award-winning Indian vocalist Kiran presents her debut album. The album contains 10 tracks skilfully combining the skills of top musicians including special guest artiste Celtic fiddler Natalie MacMaster. The theme is ghazals, a sensual and highly literate poetic form from the Indian subcontinent and Persia. *Kiran Ahluwalia* is released by Triloka Artemis Records and produced by Andrew Hurlbut and Rez Abbasi. For stockists log onto www.rykodisc.co.uk.



EAST MEETS WEST

Bringing his special and unique talent, DJ Pathaan brings you *Tandava* – an exciting mix of instrumentals and vocals. On this album he partners up with internationally renowned yoga

teacher Shiva Rea, bringing you music to refresh, energize and meditate with. *Tandava* is perfect as background music for yoga, dance or for chilling out with. Other A-list artists featured on the album including Amniotic Abakus, Joshua, Abhijay and lots more. Mixed and compiled by Pathaan, *Tandava* is released by Sounds True (www.soundstrue.com)



THE NEW HEROES

This is a beautifully-crafted and mesmerising album. Featuring a feast of instruments and A-list artists the compilations are inspired by a four-part PBS documentary of the same name. Musicians include flautist Paul Horn, Titos Somba, a percussionist and kalimba (thumb piano) player from Brazzaville (Congo), violinist Julian Smedley, Alam Khan, Sarod Olayar and son of Ali Akbar Khan and tabla player Debopriyo Sarkar from Kolkata. The documentary features individuals from around the world triumphing in their daily lives. This masterful compilation is music for the senses, rich and vibrant, capturing the essence and simplicity of life. Hedge is a master at what he does and you won't be disappointed.