

# Research Guides



## YOGA

### ADULT NONFICTION – 3<sup>RD</sup> FLOOR

<u>Inspired Lives: The Best of Real Life Yoga from Ascent Magazine</u>	181.45 Ins
<u>Krishnamacharya: His Life and Teachings</u>	294.5 Kri
<u>The Science of Yoga: The Risks and the Rewards</u>	613.7046 Bro
<u>The Women's Health Big Book of Yoga: The Essential Guide...</u>	613.7046 Bug
<u>2,100 Asanas: The Complete Yoga Poses</u>	613.7046 Lac
<u>Yoga as a Medicine: The Yogic Prescription for Health &amp; Healing...</u>	613.7046 McC
<u>Yoga Beneath the Surface...</u>	613.7046 Ram
<u>Every Body Yoga: Let Go of Fear, Get on the Mat, Love Your Body</u>	613.7046 Sta

### AUDIOBOOKS – 1<sup>ST</sup> FLOOR

<u>Guided Mindfulness Meditation. Series 1.</u>	AD 158.12 Kab
<u>Yoga for Emotional Flow</u>	AD 181.45 Cop
<u>Yoga Chant [Opening the Heart Center through Chanting &amp; Flow Yoga</u>	AD 613.7046 Rea

### DVDS – 2<sup>ND</sup> FLOOR

<u>Keeping Fit in Your 50's Workout Essentials for a Changing Body</u>	DVD 613.7045 Kee
<u>Antonia Kidman Yoga: The Power and Style of Ashtanga</u>	DVD 613.7046 Ant
<u>Basic Yoga Workout for Dummies</u>	DVD 613.7046 Bas
<u>Yoga for Beginners</u>	DVD 613.7046 Yog
<u>Yoga Journal Complete Beginner's Guide</u>	DVD 613.7046 Yog

## FINDING BOOKS AND OTHER LIBRARY MATERIALS

### **Dewey Decimal browsing numbers: 363.368, 551.552**

In addition to reference books, you may want to search for other books and materials (videos, audiobooks, etc.) on your topic. You can access the Library catalog from the Library or from home by going to [www.wtpl.org](http://www.wtpl.org). A good subject search is **hurricane** and **hurricanes**.

## EBOOKS

Visit **EBSCOhost** ([www.wtpl.org/research](http://www.wtpl.org/research)) or <https://wtpl.overdrive.com> to search the thousands of eBooks the Library has to offer. Library card required. Contact an Adult Services Librarian for additional details.

## ARTICLES

The following sources can be used to find magazine articles dealing with your topic:

- **EBSCOhost and General OneFile** - Access from the Library or at home using your library card number at [www.wtpl.org](http://www.wtpl.org). Search for full-text articles in these online databases using your choice of keywords. You can limit the search to a certain year or even a certain magazine.

## WEB SITES

**Sivananda Yoga Vedanta Centers:** Explanations and instruction of traditional yoga as based on the Upanishads, ancient yoga texts.

[www.sivananda.org](http://www.sivananda.org)

**Traditional Yoga Studies:** *Traditional Yoga Studies* is “dedicated to promoting authentic yogic teachings based on scriptural and oral transmission and to bringing out their relevance at the present time of severe environmental and social crisis.” While they promote their subscription courses, their site includes articles, book reviews, glossary, encyclopedia, ancient texts, and more.

[www.traditionalyogastudies.com](http://www.traditionalyogastudies.com)

**Very Well Fit's Yoga:** Includes Yoga Poses, Types of Yoga, Prenatal Yoga and much more.

[www.verywellfit.com/yoga-workouts-4157149](http://www.verywellfit.com/yoga-workouts-4157149)

**Yoga Anand Ashram:** Postures, philosophy, full text of the Bhagavad Gita, articles and much more in this thorough and helpful site.

[www.santosha.com](http://www.santosha.com)

**Yoga Directory:** Thousands of links to yoga sites and resources.

[www.yogadirectory.com](http://www.yogadirectory.com)

**Yoga Journal:** This Web version of the esteemed *Yoga Journal* is a must for yoga practitioners including sections for beginners. Postures, therapies, philosophies, conferences and much more.

[www.yogajournal.com](http://www.yogajournal.com)