



Curiosity Clicks: Yoga

★ = most accessible, ★★★ = most complex

★	Meet the yoga teacher who learnt and teaches body positivity through yoga	▶
★	Practice easy breathing techniques with Yoga TX	▶
★	Take a guided meditation session with Alo Yoga	▶
★	Use this video of a calm sea at dawn as a background to your home yoga practice	▶
★	Explore your feelings with yoga	▶
★★	Get an overview of yoga with Encyclopædia Britannica	▶
★★	Discover how yoga students have been inspired by the concept of seva to spread yoga around the globe	▶
★★	Learn why William J. Broad warns that yoga needs to be free of ego and obsession	▶
★★	Practice yoga at your desk	▶
★★	Learn ten yoga poses that form a complete workout	▶
★★	Learn some breathing techniques that you can do anywhere	▶
★★	Enjoy eight free guided meditations from UCLA	▶
★★	Take ten minutes to stretch with Sarah Beth Yoga	▶
★★	Make a yoga mat holder with hair elastics	▶
★★★	Knit a pair of yoga socks	▶
★★★	Crochet a pair of yoga socks	▶



City of South Perth Content

- Log into Kanopy to watch *Awake: The Life of Yogananda*



- Log into RB Digital eMagazines to read any of the dozen yoga titles available



Bonus!

Read or listen to a story about yoga; here are some of our favourites, available via our eBook and eAudiobook libraries.

★★	<i>Everyday Yoga Classes for Beginners</i> by Sue Fuller - eAudiobook	Overdrive	
★★	<i>Yoga for Kids: On and Beyond the Mat</i> by Kristi L. Kremers	Overdrive	
★★★	<i>Easy Yoga & Deep Relaxation</i> by Dr Gillian Ross	Borrowbox	
★★★★	<i>Beyond the Mat: Achieve Focus, Presence, and Enlightened Leadership through the Principles and Practice of Yoga</i> by Julie Rosenberg	Overdrive	
★★★★	<i>Yoga as Medicine</i> by Timothy McCall	Overdrive	
★★★★	<i>The Joy of Yoga: Fifty Sequences for Your Home and Studio Practice</i> by Emma Silverman	Overdrive	

