



# YOGA LAB!



## RESOURCES

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### Books:

- Um, Like, OM: A Girl Goddess' Guide to Yoga by Evan Cooper
- Living Yoga: Creating a Life Practice by Christy Turlington
- Yogalosophy by Mindy Inger (Book & DVD)



### Articles:

- One Yoga Pose a Day (Whole Living): <http://goo.gl/PNe5fm>
- Gentle Yoga Poses (Body + Soul): <http://goo.gl/74FeXJ>
- Life & Breath (Body + Soul): <http://goo.gl/dEL3Km>
- Power Yoga (Body + Soul): <http://goo.gl/S59FtF>
- 5 Minutes to Stress Less (Spark People): <http://goo.gl/dZmpOG>
- Bedtime Yoga (The Busy Bee): <http://goo.gl/lo4Ebk>
- Teaching Yoga to Teenagers (Yoga Journal): <http://goo.gl/CULkDb>



Too many hours scrolling through Tumblr:

- Yoga for Poor Posture (FranLife): <http://goo.gl/3xP9Kz>
- Hip-Opening Seated Yoga (Fall Into Place): <http://goo.gl/FAoK0x>



### Videos:

- Yoga for Beginners (40 min): <https://youtu.be/OQ6NfFlr2jw>
- Yoga for Beginners (20 min): <https://youtu.be/v7AYKMP6rOE>
- Sun Salutations with Tamal Dodge: <https://youtu.be/g8P58hHauFg>



### DVDs:

- Element: Hatha & Flow Yoga For Beginners
- Element: Intro to Yoga
- Element: Yoga for Energy & Relaxation



\*Tip when searching: HATHA or RESTORATIVE yoga is easier for beginners.  
VINYASA is flow yoga that requires lots of attention.

