

yoga  
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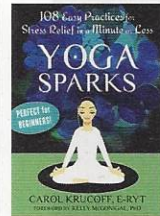
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## pick me up

Yoga Sparks: 108 Easy Practices for Stress Release in a Minute or Less

Carol Krucoff

New Harbinger



In *Yoga Sparks*, yoga teacher and yoga therapist Carol Krucoff offers an antidote for a busy lifestyle: a collection of 108 minute-long yoga practices or “sparks.”

Years of helping injured and ill students convinced Krucoff that yoga’s teachings often do the most good when interwoven into daily life. As little as even a minute of practice in the midst of a busy day has lasting benefits, she suggests, improving posture, boosting energy, and relieving pain. And most important, the micro-practices in *Yoga Sparks* help to cultivate present moment awareness, with the goal of quieting the mind and connecting with your true self.

The book’s five sections correspond to parts of your day: Anywhere; Around the House; At Work; On the Go; and Practice with Others. Illustrated with simple drawings, it includes a mix of postures, breathing exercises, meditations, and short teachings on yoga’s ethical principles that can be practiced during idle moments throughout the day (she has a meditation to do while you wait for your computer to boot up and a Downward Dog variation to do at the kitchen counter). The book is interspersed with inspiring quotes from yoga luminaries as well as relevant facts drawn from health and psychology research. A valuable resource for new and experienced yoga practitioners alike, *Yoga Sparks* can help light a fire under your lagging yoga practice or provide a go-to tool to turn to throughout the day. BAXTER BELL, MD