

YOGA



A guide to selected research materials about the healing practice of yoga

There is no one way to define yoga. It is different things to different people who practice it. Basically yoga is a form of conditioning that seeks to improve the physical, mental and spiritual condition of its practitioner. As the written word means “yoke” or unite in Sanskrit, yoga is meant to link together ones mental, physical and spiritual well-being. This is done through deep breathing and performing a series of postures within a given yoga system. The books referenced in this bibliography focus on various forms of yoga including Hatha and Egyptian. These books are available at the Auburn Avenue Research Library to read for reference and research purposes, however, they cannot serve as a substitute for taking a yoga class under a qualified instructor.

Resources include call numbers, for patrons to easily inquire and obtain resources. Auburn Avenue Research Library maintains non-circulating policies of its collection; however, patrons are able to utilize materials in-house. Suggested search terms and keywords are provided to further guide patron's research amongst Auburn Avenue Research Library and the Atlanta-Fulton Public Library catalog and digital libraries. The below Boolean Operators (AND, OR, also NOT) are simple words used to maximize search results.

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Books:

The Art of Feeling Good: The Power of Áse Yoga

Alston, Robbin **613.7046 ALSTON** **Pub Year: 2012**

African Origins of African Civilization, Religion, Yoga Mysticism and Ethics Philosophy Book I – Part 1

Ashby, Muata **299.31 ASHBY** **Pub Year: 1999**

African Origins of African Civilization, Religion, Yoga Mysticism and Ethics Philosophy Volumes 1, 2, 3 – Second Edition

Ashby, Muata **299.31173 ASHBY** **Pub Year: 2005**

African Religion Vol I: Anuian Theology

Ashby, Muata **299.31 ASHBY** **Pub Year: 2001**

B.A.G.H.D.A.D Yoga: a Shift in Consciousness: Fear to Love, War to Peace

Spencer, Michele M. **B SPENCER** **Pub Year: 2013**

Egyptian Yoga: The Philosophy of Enlightenment

Ashby, Muata **299.31 ASHBY** **Pub Year: 2005**

Sacred Sexuality: Ancient Egyptian Tantric Yoga

Ashby, Muata **299.31 ASHBY** **Pub Year: 2003**

Yoga, Meditation and Spiritual Growth For the African American Community

Devi-Doolin, Daya **613.7046 DEVI DOOLIN** **Pub Year: 2014**

Online Resources:

Black Yoga Teachers Alliance

<https://blackyogateachersalliance.org/>

Kemetic Yoga

<https://www.kemeticyoga.com/>

Suggested Search Terms and Keywords:

- Yoga
- Egyptian AND Yoga
- Kemetic AND Yoga
- Holistic Healing AND Yoga
- Muata Ashby AND Yoga

How to Use Booleans:

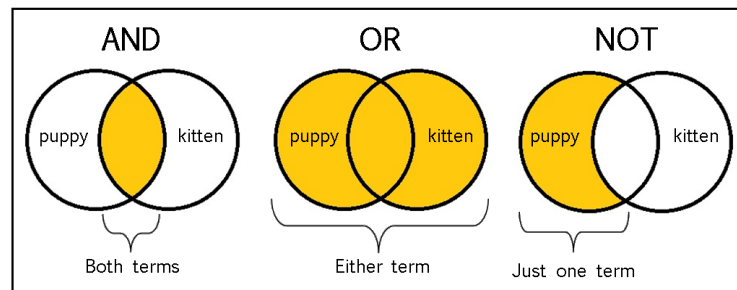


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