

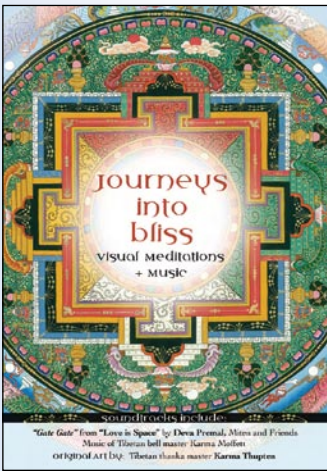
# Soothing Travels

Books, music, downloads, and DVDs to inspire your soul

Edited by Suzanne Gerber

## JOURNEYS INTO BLISS

by Melanie and Robert Sachs  
DVD; 36 minutes  
[www.DiamondWayAyurveda.com](http://www.DiamondWayAyurveda.com)



Author/educator Robert Sachs and his wife Melanie conceived of this continuous-play sound-and-vision-scape to promote focus, relaxation, and a means of slipping into bliss. This disk will create a healing environment in spas, yoga studios, dentist offices, or your home office. The Sachses selected three powerful

Tibetan Buddhist mandalas (traditional meditation tools) that appear on your TV, computer, or projector screen and expand, contract, then fade seamlessly into the next. The cutting-edge technology that allows this “disintegration” is a modern equivalent of the traditional monks’ technique of creating mandalas in chalk or sand then washing them away when they’re finished—both reminders of impermanence. *Journeys into Bliss* offers two versions: a “quickie” 12-minute one set to Deva Premal’s gorgeous chanting of the *Heart Sutra*, and a longer 24-minute one with a soundtrack of Tibetan bells performed by Karma Moffett. —Suzanne Gerber

## SOARING WITH FREEDOM: Airplane Yoga

by Amy Ippoliti  
Digital Download; 39 minutes  
[www.iampify.com](http://www.iampify.com)

Board a plane in New York City, and less than 24 hours, later you can arrive on the other side of the world. While convenient, air travel takes its toll on the body through



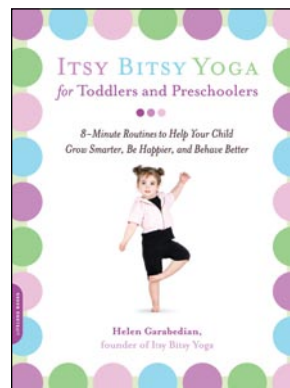
**iAmplify**

muscle stiffness, dehydration, and disrupted sleep rhythms. Certified Anusara yoga teacher Amy Ippoliti comes to the jetlag rescue. In this downloadable workout, Amy takes you to a place of inner spaciousness and invigoration, even when you’re cramped into Seat 36F.

Ippoliti’s soothing and precise instruction guides you through deep breathing and simple stretches to open up the chest, shoulders, back, legs, and hips. The only props required are an airplane pillow, seat belt—and a willingness to be creative with limited space. —Sara Avant Stover

## ITSY BITSY YOGA FOR TODDLERS AND PRESCHOOLERS: 8-Minute Routines to Help Your Child Grow Smarter, Be Happier, and Behave Better

by Helen Garabedian; Da Capo Press; 209 pages



Yoga has helped you find more peace and flexibility, so why not your child? Helen Garabedian, dubbed the “Baby Yoga Expert” by *Newsweek*, and founder/CEO of Itsy Bitsy Yoga, reveals her tot-tantalizing magic in a new book, targeted for parents of children aged 18 months to 5 years. In it, Garabedian

offers 10 eight-minute sequences that let you practice yoga with your child. Personal anecdotes, songs, and photos of