

Āyurvedic Yoga Book

Resources for Cautions and Contra-Indications

As part of writing *Āyurvedic Yoga*, I reached out to fellow yoga teachers to ask, “What are your go-to resources for cautions and contraindications”? The following list contains what I received in response:

1. My yoga teacher and/or yoga teacher-training manual
2. Experience, knowledge, and intuition
3. Trusted teachers, including:
 - Aadil Palkhivala, <http://www.aadil.com/author/>
 - Baxter Bell, <https://www.baxterbell.com/>
 - BKS Iyengar, <http://bksiyengar.com/modules/Referen/Books/book.htm>
 - Diane Ambrosini, *Instructing Hatha Yoga*, 2nd ed., (Champaign: Human Kinetics, 2016).
 - Donna Farhi, <https://www.donnafarhi.co.nz/product-category/books/>
 - Doug Keller, <https://www.doyoga.com/bookstore.html>
 - Erich Schiffmann, <https://erichschiffmann.com/>
 - Esther Myers, <https://www.esthermyers.com/products/>
 - Judith Lasater, <http://www.judithhansonlasater.com/reading/>
 - Julie Gudmestad, https://www.gudmestadyoga.com/julie_gudmestad
 - Leslie Kaminoff, <https://yogaanatomy.net/>
 - Loren Fishman, MD, <http://sciatica.org/>
 - Paul Grilley, <http://paulgrilley.com/online-courses/>
 - Purna Yoga, <http://purnayoga.com/>
 - Ray Long, <https://www.bandhayoga.com/>
 - Richard Miller, PhD, <https://www.irest.org/publications/Yoga-Nidra-by-Richard-Miller>
 - Rodney Yee and Nina Zolotow, *Moving Toward Balance* (Emmaus: Rodale, 2004).
 - Susi Hatley, <https://www.functionalsynergy.com/product-category/books/>
 - Timothy McCall, MD, <http://www.drmmcCall.com/yoga-as-medicine.html>
 - TKV Desikachar, *The Heart of Yoga* (Rochester: Inner Traditions, 1995).
 - Yoga International (was the Himalayan Institute), <https://yogainternational.com/>
 - Yoga Journal website, <https://www.yogajournal.com/>
 - Yoga U Online website and courses, <https://www.yogauonline.com/>

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In addition to these resources, I would like to offer one more thing: Please consider that *working with students is a conversation*.

As teachers, we know what we know. Hopefully, we also know that there is a lot we don't know. And with this in mind, I approach each student and each class as a conversation. I ask students questions like:

- “How does this feel?”
- “Is this working for you today?”
- “Are you comfortable?”
- “Check in with your body, breath, emotions, mind, and heart.”
- “Tell me more ...”

I don't have to have all the answers in this moment. What I do need is to be open to the feedback of the student about his or her own experience, and for us to explore Yoga together with respect for the messages that the body-mind is sharing.

For me, Yoga isn't really about the poses. With that in mind, if I can create space around how we practice *āsana* in order to connect with some of Yoga's other goals, like an increase in self-awareness and freedom from suffering (aka pain), then these *conversations* are immensely fruitful and, honestly, the point of practice.