



A Woman's Book of Yoga: Embracing Our Natural Life Cycles

By Machel M. Seibel, Hari Kaur Khalsa



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Interest in yoga is at an all-time high, especially among women. Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being.

The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga, as taught by yoga master Yogi Bhajan. Hari Khalsa applies ancient wisdom to explain how to determine and enhance one's own special relationship with the mind, body, and soul. Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime.



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Editorial Review

Amazon.com Review

"Simple practices to help you stay healthy, calm, and strong, and to carry you forward in a natural progression toward wisdom, real beauty, and the strength of realized grace that belongs to all women," promise Machele M. Seibel, M.D., and Hari Kaur Khalsa, authors of *A Woman's Book of Yoga*.

The authors, a gynecologist and a yoga instructor, offer prescriptions for the transitions in women's lives. They teach the health and stress-reduction benefits of breathing, postural, and meditation exercises, including particular activities for menstruation, pregnancy, perimenopause and menopause, sexuality, and digestion. Spiritual as well as physical health benefits are stressed: "The goal of yoga is to reveal the connection between the human being and the Divine Self."

This is not a simple self-help book, but a serious, mindful guide for a beginning study of kundalini yoga: philosophy, spirituality, postures (illustrated), meditations, and health advantages are addressed. "The yoga itself is not the goal, but it is the key to opening the door to health, self-love, and self-realization," write the authors. --Joan Price

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A Woman's Book of Yoga is a collaboration between kundalini yoga teacher Shakta Kaur Khalsa and medical doctor Machele M. Seibel, who explain the basics of kundalini yoga and how to use it during various phases of a woman's life. Their instructions cover menstruation, PMS, sexuality, pregnancy, labor, postpartum, and menopause. In addition to kundalini techniques, ayurvedic nutritional advice and recipes are also provided. *Jane Tuma*

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About the Author

Machele M. Seibel, M.D., is a reproductive endocrinologist at the Fertility Center of New England and a clinical professor of gynecology and obstetrics at Boston University School of Medicine. He is an expert in alternative and nutritional approaches to gynecology.

Hari Kaur Khalsa, one of the most respected Kundalini yoga and meditation teachers in the world, has created specialized programs for pregnant women, senior citizens, and youngsters. She is the Director of International Teacher Training in the United States and India.

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