

GERDAHALLEN

Styrkeyoga

Länkar och litteraturtips:

Internetlänkar:

www.poweryoga.nu

www.poweryoga.com

www.power-yoga.com

www.baronbaptiste.com

www.yogajournal.com

Litteraturtips:

Birch, Beryl Bender, Poweryoga. Simon & Schuster. New York, 1995

Birch, Beryl Bender, Beyond Poweryoga. Simon & Schuster. New York, 2000

Desikachar, T.K.V, The Heart of Yoga: Developing a Personal Practice. Inner traditions International. Rochester, Vermont, 1995

Iyengar, B.K.S, Light on Yoga, Thorsons Aquarian Press, 1991

Ljung Stömberg, Lisa; Naddermier, Kia & Magnus, Om Yoga, Bokförlaget DN. Stockholm, 2000

Norberg, Ulrica, Poweryoga, Ica Bokförlag. Västerås, 2002

Norberg, Ulrica, Meditation, Ica Bokförlag. Västerås, 2004

The Yoga Sutras of Patanjali, Translation and Commentary by Sri Swami Satchidananda, Integral Yoga Publications. Yogaville, Virginia, 2003

