

Resource list for Size Positive Yoga

"Show up, Pay attention, tell the truth, and don't be attached to the outcome." A. Arrien

Working With Nourishment

- *One Bowl*, Don Gerrard.
- *The Compassion Diet*, Jean Fain
- *Body Clutter*, Marla Cilley and Leanne Ely

Dance and Yoga

- *Life on Land*, Emilie Conrad
- *The Nia Technique*, Debbie Rosas and Carlos Rosas
- *Sweat Your Prayers* and *The Five Rhythms*, Gabrielle Roth
- *Chasing the Dance of Life: A Faith Journey*, Cynthia Winton-Henry
- *Dance: A Sacred Art: The Joy of Movement as Spiritual Practice*, Cynthia Winton-Henry
- *What the Body Wants*, Phil Porter
- *Having It All: Body Mind Heart & Spirit Together Again at Last*, Phil Porter
- *A Woman's Book of Power*, *A Woman's Book of Strength* and *A Woman's Book of Balance*, Karen Andes

Healing and other

- *Cell-Level Healing*, Joyce Whiteley Hawkes
- *The Hunger for Ecstasy*, Jalaja Bonheim
- *A Life in Balance*, Maya Tiwari
- *The Red Book: A Deliciously Unorthodox Approach to Igniting Your Divine Spark*, Sera Beak
- *Moving Into Ecstasy*, Jivan Amoda
- *The Circle*, Laura Day

Size Positive friendly workouts and practices

- Nia; www.nianow.com
- Gyrotonics and Gyrokinesis
- Interplay www.interplay.org
- Skinner releasing; www.skinnerreleasing.com
- Continuum; www.continuummovement.com