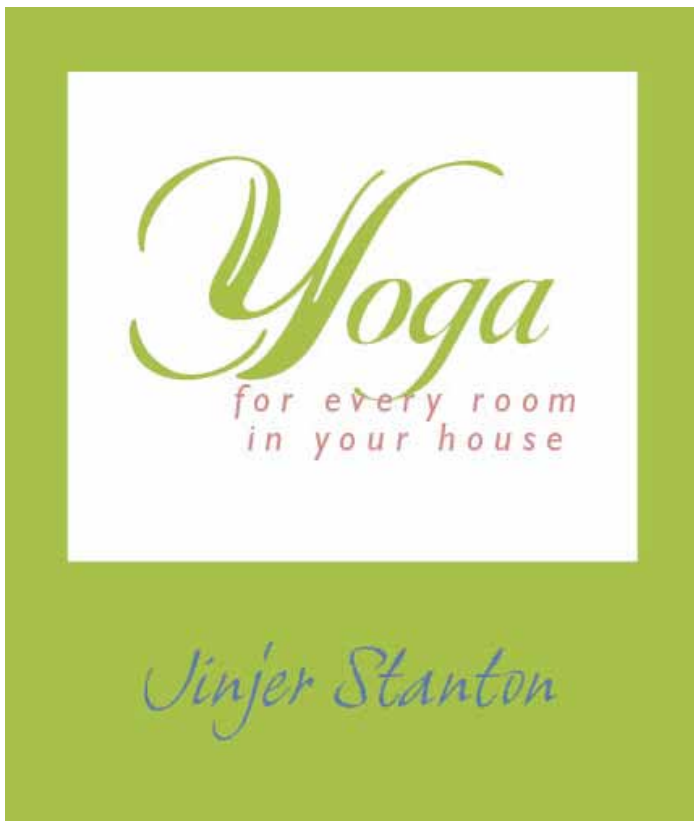


# Media Kit



## **Yoga For Every Room in Your House**

Category: Health, Yoga, Home

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### ***About Yoga for Every Room in Your House***

The book begins by running through yoga basics concentrating particularly on breathing properly and integrating breath and movement. Each chapter thereafter focuses on poses that can be done in a specific room in the house (kitchen, living room, bedroom, bathroom, office). Poses are illustrated with cheerful photos of people doing the poses in the rooms they are intended for. The final section offers background information on yoga history, types of yoga and resources for further exploration.

As a yoga teacher, Jinjer knows that one of the most difficult aspects of teaching is encouraging students to form a practice at home. One of the major stumbling blocks to home practice is that niggling problem of where to do yoga at home. Who wants to move furniture out of the way for yoga only to put it back in place for company or movie watching. Even a slender, well-muscled paragon can have space limitations! By bringing yoga to the kitchen, the sofa and bed they can integrate yoga more fully into their lives and not have to wait for yoga class to work out those little kinks along the way. And what of those whose schedules don't coincide with yoga studio offerings? This is a starting place. Many of the poses are also accessible for people with physical problems.



# Jinjer Stanton's Background

Jinjer has been teaching yoga for more than twelve years working in adult education through the Minneapolis School System, Minneapolis Park and Recreation, Nokomis Yoga and private classes. She studied yoga for more than twenty years. Just before 9-11, She founded *Just One Percent*, an organization dedicated to promoting meditation as a way to bring about world peace. At Lake Harriet Spiritual Community, an interfaith church, She was a minister for three years using knowledge of meditation, Hinduism and yoga in her services. She writes a column on yoga called *Bringing Yoga Home* for *The Edge: Soul of the Cities* ([www.soulofthecities.com](http://www.soulofthecities.com)) and she writes periodically for *Essential Wellness* ([www.esswellness.com](http://www.esswellness.com)). She has contributed several articles to [miraclesofthespirit.org](http://miraclesofthespirit.org), an online church. Two articles have been translated into other languages: German ([www.s-t.net](http://www.s-t.net)) and Italian ([www.auraweb.it](http://www.auraweb.it)). She is an herbalist, and holds a certificate from the Oak Leaf School of Herbal Medicine.

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