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contributors



In 1998 cover model and Ashtanga Yoga teacher **SONYA COTTLE** took her first yoga class. It was an advanced flow class, and she left feeling a bit defeated but curious nonetheless. "Practicing yoga required an inner focus and precision I'd never experienced before," she says. "Although it involved the body, it wasn't purely physical." A few years later she began taking classes at YogaWorks in Santa

Monica, California, where, in 2005, she became certified to teach; she now teaches Mysore Ashtanga classes there five days a week. "I love to teach people how to live with a greater awareness of themselves," she says. "It's a privilege to introduce any student to this path."

An Iyengar Yoga teacher and a scientist, **ROGER COLE** has contributed to *Yoga Journal* since 2002. With this month's issue, he takes on the job of writing the Anatomy column. In the 1980s Cole's graduate studies in health psychology at the University of California, San Francisco, along with his yoga teacher training, sparked his interest in anatomy and its application to yoga. "When I was dissecting a cadaver, I was thinking about yoga postures," he says. "Knowing anatomy can make your practice safer and much more effective." Cole teaches at Yoga Del Mar in San Diego and travels internationally, presenting workshops about the anatomy and physiology of yoga and relaxation.



Veteran music journalist and frequent *YJ* contributor **ALAN DI PERNA** has heard a wide range of music over the years, but what really catches his attention is world devotional music—which he reviews in "String Theory" (see page 105). "I'm excited by the current world devotional and *kirtan* music scene in much the same way I was excited by punk rock in the late '70s and the techno explosion of the early '90s," he says. "Although the sound and

mood of the music are quite different, there's a similar outpouring of creative energy." He points out that music, like yoga, can bring consciousness into a space of great clarity and oneness. Di Perna, a senior editor at *Guitar World* who lives in Fountain Hills, Arizona, practices yoga to ambient background music that he and his wife create.

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