**Book Review**

*Yoga for Travellers*, Jennifer J Ellinghaus, Yogawords (2014)

This is a comprehensive, well produced and personal book on yoga for travellers. Attractively designed in a handy-sized format for travelling, the author, Jennifer Ellinghaus, includes many personal stories and tips on how to deal with the inevitable ups and downs of life on the road, such as connecting with others when travelling alone. The suggested sequences themselves are creative, covering every conceivable space and situation possible on the road, such as dealing with short, narrow spaces in hotel or hostel rooms (which I tried out myself on a work trip and found useful). As a teacher, I found the sequences helpful and inspiring in themselves, regardless of whether travelling or not. The author also deals with a number of scenarios such as sequences for post- party or when just off the plane. In addition to asanas (postures), Jennifer includes short, helpful pranayama (breathing) and meditation tips. She also draws on the wisdom of yoga philosophy to help guide the traveller in yoga off the mat. There are several useful resources at the back of the book including an index of postures and techniques and tips on what to take. This is a well thought through book written by someone who clearly cares for her subject and passing on the tips learned from experience. I would recommend it to all who like yoga and travelling and indeed to those who are interested in yoga on and off the mat.

Sian O’Neill, November ‘14