REFERENCES & RESOURCES:


SPECIALTY GROUPS:


YOGA/TAI CHI:


Web sites & DVD products:
www.Agelessyoga.com (Chair & standing yoga)
www.Irest.us (Integrative Rest Institute)
www.Jenniferreisyoga.com (yoga nidra)
www.Kripalu.org (Berkshire based Yoga & Health center)
www.mindfulnet.org
Www.peggycappy.net (Yoga for All of Us).
www.taichiproductions.com
www.treeoflitetaichi.com

Benson Henry Institute: www.massgeneral.org/bhi
Center for Mindfulness in Medicine, Healthcare & Society: www.umassmed.edu/cfm