



# THE MIDWEST BOOK REVIEW

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## Reviewer's Choice

Kundalini Rising  
April Petty  
Kitsun Books  
PO Box 1154, Crawfordville, FL 32326-1154  
9780979270000, \$14.00 [www.kitsunebooks.com](http://www.kitsunebooks.com)

Certified Yoga and Pilates instructor April Petty presents Kundalini Rising: Exploring the Chakra/Asanas Connection, a guide for lay readers to the spiritual strengths of yoga as surely as its physical movements. Simple black-and-white line drawings illustrate basic yoga poses that virtually anyone can learn, and chapters cover how to successfully incorporate Yoga into one's daily life, learn the proper mindset for personal benefit, and open up one's chakras. A simple index allows for quick and easy reference to this primer suitable for yoga practitioners of all backgrounds.