



## **PATHFINDER: YOGA**

### **ENCYCLOPEDIAS**

The Encyclopedia of Religion (R/200.3/E56re) UNDER: Yoga

The Gale Encyclopedia of Alternative Medicine (R/615.5/G151) UNDER: Yoga

### **REFERENCE BOOK**

Mayo Clinic Family Health Book (R/613/M473fa; 613/M473fa) Check the Index  
UNDER: Yoga.

### **FULL TEXT**

Gale Virtual Reference Library UNDER: Yoga

MasterFILE Premier (some full text) UNDER: Yoga

WilsonSelectPlus UNDER: Yoga

(You may want to add other words to your search in order to narrow your search results.  
For example, Yoga and Diet)

### **MAGAZINE**

Yoga Journal

### **INTERNET RESOURCES**

[www.ipl.org](http://www.ipl.org) Search UNDER: Yoga

<http://nccam.nih.gov> Search UNDER: Yoga

### **BOOKS**

**Online Catalog** UNDER: Yoga

**Browse the following areas:** 613.7046; 181.45

The Niles Library has a number of books that include information about Yoga.

Listed below are some examples:

The American Yoga Association Beginner's Manual (613.7046/C554am)

The New Yoga for People Over 50 (613.7046/F817ne)

Teach Yourself Visually Yoga (613.7046/T253)

Yoga: The Greater Tradition (181.45/G846yo)

(If a book is checked out, one of the reference librarians can put it on a waiting list for you.)

**NOTE**

This pathfinder was prepared to assist you in locating materials. If you have any questions or require assistance, please ask a Librarian on duty.

Niles Public Library District  
6960 Oakton  
Niles, Illinois 60714  
(847) 663-1234

Reference Services (847) 663-6603 or (847) 663-6604  
3/2006; Rev. 1/2009; 2/2010