

## FOR IMMEDIATE RELEASE

# Swami Lalitananda nominated for National Magazine Award

**ascent magazine** columnist earns nod for unique take on Yoga instruction

May 4, 2006 – MONTRÉAL—**ascent magazine** columnist **Swami Lalitananda** has been nominated for a **2006 National Magazine Award** in the “How-To” category. The honoured column is “**The Yoga of Falling On Your Face: Getting Real In *Bakaasana*,**” which appeared in **ascent** #26 (Summer 2005).

Combining honest self-reflection and step-by-step instructions, “The Yoga Of Falling On Your Face,” juxtaposes our fear of failure and “not looking good” with the challenge of moving into *bakaasana*, the “crane-pose.”

In the article Swami Lalitananda writes, “I think about the patient vigilance of a crane and wonder if I find the pose challenging because of an impatience or restlessness in me. And how much does the fear of falling on my face restrict me—literally in the pose and metaphorically in my life?”

**The National Magazine Awards** recognize excellence in the content and creation of Canadian magazines. The nominees represent over 300 articles in 75 different magazines, and were chosen from over 2300 total entries. Winners will be announced on June 9th, 2006.

As part of the **Yoga In Toronto Conference & Show**, Swami Lalitananda will be heading a workshop entitled “**Hatha Yoga Hidden Language.**” The workshop takes place **May 6th from 3:15 to 5:15pm.**

### **About ascent magazine**

**ascent** is an independent, not-for-profit magazine of yoga and engaged spirituality. Published quarterly, **ascent** translates the philosophy of yoga into practical realities by exploring the intersection of spirituality with social and political issues, art, culture and contemporary thought. **ascent** has won several awards for its editorial and design, including the 2005 Utne Independent Press Award for excellence in Spiritual Coverage. **ascent’s** latest issue is on the theme of Space, and is on newsstands now. [www.ascentmagazine.com](http://www.ascentmagazine.com)

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