

Resources to Support You in Creating Body-Inclusive Yoga Spaces

Books

- Every Body Yoga - Jessamyn Stanley
- Body Respect - Linda Bacon and Lucy Aphramor
- Radical Acceptance - Tara Brach
- The Body is Not an Apology - Sonya Renee Taylor
- The Body Keeps the Score - Bessel van der Kolk
- Intuitive Eating - Evelyn Tribole & Elyse Resch
- Hunger, Hope, and Healing: A Yoga Approach to Reclaiming to Relationship to Your Body and Food - Sarahjoy Marsh

Articles

- Obese Women Experience Much More Negative Social Stigma than Previously Thought, Study Finds: Susan Perry
- Theorizing health at every size as a relational-cultural endeavour: Jennifer Brady, Jacqui Gingras, Lucy Aphramor
- Healthism and the medicalization of everyday life: R. Crawford
- 11 Reasons Your Phony ‘Concern’ for Fat People’s Health Has Got to Stop: Melissa Fabelo and Linda Bacon
- Embodied possibilities and disruptions: The emergence of the Experience of Embodiment construct from qualitative studies with girls and women: Niva Piran

Podcasts

- The Appetite
- Food Psych
- Every Body
- Body Kindness
- Life Unrestricted
- Love, Food

Feminist Clothing Companies for Athletic-wear with More Size Options

- Superfit Hero
- Girlfriend Collective
- Chic-eez Plus Size Activedress
- Rainbeau Curves
- Bombshell
- Dia & Co
- Sportive Plus
- Decolonizing Fitness
- Tomboy X
- Juno Active
- Size Queen Clothing
- RS Sport
- Alpine Curves
- Nuu Muu Exercise Dress
- Under Summer

Social Media Profiles/People/Organizations to Follow

- Jessamyn Stanley
- Amber Karnes
- Dana Falsetti
- The Body is Not an Apology
- Cranky Fat Feminist
- Roxanne Gay
- Curvy Yoga/Anna Guest-Jelley
- Isabel Foxen Duke
- Dianne Bondy Yoga
- Virgie Tovar
- Louise Green/Big Fit Girl
- Anita Johnston
- Linda Bacon
- Association for Size Diversity and Health
- Yoga for All
- Rachelle Abellar / ARCHIVE SIX