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Saturday, September 10, 2005 - Page updated at 12:00 AM

Book offers yoga for the home

Seattle authors Michael Mastro and Robin Mastro have released a new book, "The Way of Vastu: Creating Prosperity through the Power of the Vedas" (Balanced Books Publishing, 160 pp., \$19.95).

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The Mastros are experts in Vastu Shastra, an environmental and architectural practice addressed in the Vedas, ancient texts from India.

Vastu Shastra, the Mastros say, is more powerful than feng shui and is based on the electromagnetic grid; the North and South poles; the impact of the rays of the sun, moon and planets; and the five elements of earth, air, water, fire and space.

So in a sense, they say, Vastu is yoga for the home or office — balancing the elements to eliminate stress in a physical environment. And the book offers ways to do just that, including correcting geopathic stress and using interior design to create balance and harmony.

The Mastros, authors of last year's "Altars of Power and Grace," also own Vastu Creations, which provides architectural design, seminars and consultations.

For more information or to order the book, see www.balancedbookspub.com or www.vastucreations.com.

Sandy Dunham, Seattle Times desk editor

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