

Yoga Dvd's Reviews

Rhythm of Vinyasa

This a great DVD suitable for a range of experience levels. Aparna balances a physical asana practice with meditation in each section of the DVD. Her pacing is calm without being sluggish and provides plenty of support for beginner yogis while providing more experienced practitioners with further variations. While this video is not for the complete novice (you need some basic knowledge of yoga poses and terminology), it is accessible to all other levels. For an idea of the main practice, centering is followed by a practice that combines vinyasa (flow) with static poses and then a meditation for the level 1 and pranayama for level 2 and finished with guided savasana. There are a number of other resources on the DVD as well for more focused work: the bonus section provides opportunities for deeper work and the special features isolate pranayama and meditation.

Aparna's deeply rooted philosophy of blending the physical, mental, and spiritual aspects of yoga in each practice shines through in this DVD. Highly recommended for anyone looking for an aid in their home practice that will meet all of these needs in a calm, balanced way. Thanks Aparna!! - Beth Stone

We are very loyal after attending Aparna's classes in Albuquerque for several years. This DVD does not disappoint. Don't worry if you're a beginner or getting back into yoga after a break - there are nice cues to guide positions to your level. We have bought copies for several friends in other cities who are training for marathons or want to add a new dimension to their exercise routine. Go for it! - Lenny

I have only one thing to say about this DVD....buy it as soon as you can! It will be a wonderful enrichment to your yoga practice!!!! - Maria

Aparna brings her in-depth knowledge and experience to this exceptional DVD. Visually exquisite and professionally done, The Rhythm of Vinyasa DVD offers a full range of yoga practice for the experienced beginner or the more advanced. The special features section includes guided relaxation, pranayama, and meditation. It's great to be able to enjoy a relaxation session or practice pranayama when time is limited. Aparna's provides gentle guidance and intuitive instruction throughout the DVD. She will coax you to go deeper in your practice with an attitude of self-acceptance. I highly recommend this DVD to anyone willing to explore and challenge themselves. - CBS

Psoas Vinyasa

As a desk dweller working in a stressful environment, I truly appreciate the Psoas Vinyasa DVD by Aparna Levine. It's like having a private session with this gifted instructor. The video is divided into two one-hour sessions. Practice 1 incorporates

vinyassa flow designed to acquaint the student with this important but often neglected muscle. Poses designed to access and stretch the psoas are interwoven with traditional vinyassa. Practice 2 is my favorite and provides an opportunity for more stretching and strengthening of the psoas. Aparna skillfully demonstrates all of the poses, while offering modifications for every skill level. With her talent for detailed narration, you can concentrate on your own practice and for the most part, won't be distracted trying to watch the video. I highly recommend any of Aparna's videos, but this one is especially therapeutic for those of us whose bodies are stressed by too much time sitting in front of a computer. - Kelly

This video, if done consistently 2-3 times a week, can address your hip & back pain. I drive for a majority of my day and had experienced constant pain in my lower back & sciatica. Since I have attended to my psoas and done yoga faithfully, my pain has gratefully gone away. I recommend this video as Aparna Levine's choreography and technique are, as always, flawless and are ideal for supporting symmetrical, strengthening stretching & development of the psoas. - Donny Johnson

I am a huge fan of Aparna Levine DVDs and I highly recommend this one! I know of no other DVD of this quality that focuses on the vital psoas "wonder muscle". She gives us two full vinyasas for accessing, releasing, and strengthening this muscle with a beautifully calm and encouraging voice guiding you and clear demonstrations of each pose. The production of this DVD is simple and straightforward; you will feel like you are having a private session with Aparna. As someone who basically "lost" a lot of psoas function after cancer treatment, I can say that recovery of psoas function is worth every minute spent in this kind of therapy. I recommend incorporating a subset of these poses into your daily practice and then returning to this DVD as you are able to continue to educate and refine your practice. You will see benefit in all aspects of your daily activities, yoga practice, and overall well-being. - R. Forester

After taking a psoas workshop from Aparna to learn the exercises included in this DVD, I have been applying these to my regular yoga practice and I have noticed a huge improvement in my lower back strength and hip flexibility. With frequent lower back pain, I've had to be very careful of what I do in yoga to keep from straining my back into a spasm. Now, I'm pleasantly surprised that I can jump my feet back to plank with no problem and many more poses are now open to me. Being a student of Vinyasa yoga, I really enjoy both series in the DVD as they are integrated into a flow. I will practice with this DVD probably for the rest of my life! With my humble honors to Aparna,- T.Conklin

Yoga Therapy Upper Body

I have tried many Yoga upper body specialized DVD's, and have had various issues with my shoulders. After trying this DVD, not only did I have relief in my left shoulder, I have greater strength and awareness in both my shoulders which has allowed my practice to become more fluid and safe at the same time. The DVD is very easy to follow, and on different days, depending on what I'm feeling in my body, I use one of the

three different sequences. I love that I can explore various levels that focus on the upper body in so many ways! I can't express how amazing this DVD has been for helping the health of my shoulders, upper back, and neck. Very highly recommended! - YS

This is the best yoga video I own. It has three segments -- one for pain relief, one for therapy, and one for maintenance and strengthening. It is gentle, yet deeply therapeutic. I have been standing a lot straighter since using it. - A.R

I love how Aparna moves from very gentle, restorative flows to more advanced flows on this DVD. I consider myself to be an intermediate level yoga practitioner, and I've found even the more gentle flows to be useful.

One of the best things about the DVDs is that they capture an intimacy that's very encouraging.

Her knowledge of anatomy and yoga plus her suggestions for what's useful for restoring strength, flexibility and balance brings a sense of authority that's balanced by her genuineness.

The flows are original and fun. I find myself borrowing from them for my own classes, and if you're an instructor, these are really great guides to teaching, as well. - Greg

I would recommend this DVD for anyone with upper back/shoulder tightness, stiff, or pain. It definitely comes from a yoga perspective and philosophy but yoga experience is not necessary to receive benefit. I have recommended it to several friends who do not practice yoga but find the DVD easy to follow and extremely helpful, especially those who sit hunched over a computer all day. I have also recommended it to my athletic son who lifts weights and is overly stiffening his shoulders and upper back. I practice yoga regularly but always find time periodically for a session to focus on my upper body with this DVD and to incorporate certain postures into my regular practice. I like all three levels! Aparna's voice and clear instruction will help you feel better and set you on a path of improved mobility and function - R.F

Yoga Therapy Lower Body

This is a wonderful yoga DVD. Although the title suggests that it's therapeutic (and it is), it's suitable as an introduction to yoga for anybody, not just people who are looking for therapeutic yoga.

The first section introduces the three practices on the DVD; in addition Aparna provides a brief overview of yoga, yoga therapy and their roles in enhancing quality of life and promoting healing.

The short and extremely helpful section on posture will help students to achieve better alignment.

The three practices, Chronic Pain, Maintaining Health and Strength and Stability, each about an hour long, include gentle, energetic and well-planned flows. One of Aparna's strengths is her intuitive sequencing, and each practice provides a balance of effort,

insight and exploration as well as promoting health. There is a relaxing, mindful meditation at the end of each of the three flows. Each of the three practices is a complete unit and is suitable for anybody, especially beginners and those who suffer from pain. All are set to a tasteful and inspiring soundtrack.

A great introduction to new students, full of great ideas for instructors, and an excellent way to establish and build a home practice. - G.Gomez

I have the pleasure and privilege of practicing under Aparna for both yoga and meditation. Her DVDs are spot on with her informative, compassionate and unpretentious teaching style that I so enjoy in-person. The Yoga Therapy for the Lower Body DVD is great not only for folks new to yoga who are in chronic pain (like my stepmom who used this DVD with me during the holiday break--never set foot in a yoga class before), but also regularly practicing students like me. Until I tried this DVD, I was not fully aware of how limited my range of motion is. I mean, I knew that during yoga classes, I'd hit the proverbial ceiling in my range of motion, especially for certain poses--and some days sooner than I'd usually expect--but the exercises Aparna guides you through really have shown me that there's much more my body can do if I help it along! The DVD also includes guided meditations--which I greatly appreciate. I find the meditation deepens my capacity for practicing with mindfulness and focused, positive, self-compassionate intention. I highly recommend any of Aparna's DVDs (I own all three), and expect that even seasoned yogis would find tremendous benefit from the physical tune-up this and the Yoga Therapy for the Upper Body DVDs can provide. Oh, and if you are interested in really fantastic, practical yoga tips, Aparna has free YouTube videos to check out. Even as a relative novice in yoga, I was able to finally get into crow and am preparing my body for maintaining a full headstand pose! I believe the link is provided in the description info. If not, you can find her at livingyouryoga.org. Om and namaste - T.Terry

The greatest attraction of this DVD is the competence of the teacher herself. Aparna gives clear instructions as she demonstrates, speaking calmly in her melodic voice. Aparna is a supremely confident teacher in a serene setting backed by soft flute music. Practicing with this DVD is most satisfying because of the quality of the instructor and beauty of the whole production. I am delighted to have found Aparna's Yoga Therapy for Lower Body. I recently strained my lower back so I was able to use the gentle level of this DVD to coax my body back to health. There is a wealth of instruction for practice here. Aparna has us begin with setting our intention for the practice. I find this most helpful way to set and maintain focus. There are three levels of intensity for lower back work which enables you to work at your own ability each time as well as to progress in strength over time. There is also a section with several guided meditations to choose from. These can be accessed whenever you like. I find them the perfect ending to practice or by themselves before going to bed. I have been practicing yoga for over forty years; this is the best DVD I have found. - Dot

I credit this DVD with helping me improve the strength and flexibility in my back so now I can do Vinyasa Yoga without cringing inside. I had back issues for so many years that I

thought it was something that I just had to live with. Now I marvel at everything I'm able to do. It is obvious from my results that Aparna is a very knowledgeable yoga therapy practitioner!

- Tonya

Winter Vinyasa

This is another great offering from Aparna, who embodies the philosophy that yoga is adaptable to everyone's needs and the natural rhythms of nature and one's own life. I have done both the Level I and Level II practices multiple times and as always, the sequencing and cueing are superb. She offers variations that make both accessible to all who have a basic understanding of yoga basics and attunement to their body's needs. I will do these series throughout the year whenever I need some "fire", but of course this is especially beneficial in this winter season. I believe this DVD will find a wide and enthusiastic audience among those who pursue a deeper yoga practice. - R.Forester

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This is a wonderful Vinyasa yoga DVD! I love that there are two different sequence levels so I can choose the level that would be most assessible for me on any given day. The flow sequence is creative, intelligent, and completely adaptable for a beginner to even slightly advanced range. Her yoga instruction includes modifications and is clear enough that I can listen and focus on the flow without having to look at the DVD. I am very picky about verbal presentation and voice tone and Aparna has the most lovely and pleasant voice for yoga. You will get a wonderful yoga experience each time you practice with this DVD. Highly recommend it! - T.Conklin

Winter Vinyasa with Aparna brings together all the beautiful elements of a class with this suburb teacher. The serenity of her voice guides you through the a well planned practice in front of a cozy fire place. Some how by the end you are not only more relaxed, but are also more energized. She gives you two hour vinyas plus a relaxation section. Aparna's talented instruction graciously unites the physical elements of yoga with the spiritual aspects of movement with intention. The experience it sublime. I certainly look forward to using this DVD in my home practice this winter. - D.Waldrisp