

THE RHYTHM OF VINYASA with Aparna

Highlights from the DVD

- * over 3 hours of practice material
- * 2 unique vinyasa practices
- * 60 min Level I practice
- * vigorous 75 min level II practice
- * Bonus section
 - 15 mins advanced flow for power & precision
 - 10 min workshop to deepen backbends
- * Special features
 - Meditation to balance and cleanse chakras
 - Breath practice to calm the mind
 - Guided relaxation

UPPER BODY YOGA THERAPY with Aparna :

DVD features

- * Posture : simple steps for effective change
- * 3 main sequences in each dvd:

- Chronic pain; gentle, accesible & effective practices for managing pain.
- Maintaining health; focused practice for promoting health & balance in weak muscle tissue.
- Strength & stability; integrated practices for increased vitality and all round wellness.
- * Guided meditations & visualizations for deep healing at all levels

LOWER BODY YOGA THERAPY with Aparna

DVD features

- * Posture : simple steps for effective change
- * 3 main sequences in each dvd:
 - Chronic pain; gentle, accesible & effective practices for managing pain.
 - Maintaining health; focused practice for promoting health & balance in weak muscle tissue.
 - Strength & stability; integrated practices for increased vitality and all round wellness.
- * Guided meditations & visualizations for deep healing at all levels