



KUNDALINI YOGA - STRENGTH & SERENITY  
w/DONNA DAVIDGE

# Yoga Journal

FOR HEALTH AND CONSCIOUS LIVING

**Kundalini Yoga:  
Strength and Serenity**  
With Donna Davidge

(Shoestring Productions, 213 Mott, #C1,  
New York, NY 10012; [212] 226-2673.  
VHS, 50 minutes, \$30.00)

Donna Davidge teaches kundalini yoga in New York City. This hour-long practice is designed to increase flexibility and strength and improve the overall health of the body and mind.

The practice begins with a sitting meditation, supported by breath awareness and mantra. Meditation is followed by stretches for the neck, spine, abdomen, legs, and groins, and a "wake-up series" of three different poses accompanied by short, rapid breathing, called "breath of fire."

Next come several standing poses, including a side stretch, a simple twist for the "heart center" and the upper spine, and a "rag doll" forward bend. Davidge then goes back to sitting for arm stretches, more breath of fire—through one nostril this time—and additional work on the spine. The practice ends with another meditation and a devotional song.

Kundalini yoga is an ancient form of practice once favored by Indian warriors, says Davidge. No doubt it got them properly warmed up for battle—I found it quite vigorous, and I would suggest that some knowledge of yoga postures and breathing techniques is necessary before trying this tape. The postures and other movements are fairly simple, and Davidge gives clear instructions and explains the benefits of each exercise. The extremely deep or rapid breathing generates a lot of heat, which I assume can be used, at some stage, to rouse the "sleeping serpent" of kundalini. I recommend this tape to students with some experience looking for a basic introduction to kundalini yoga.