

# Yoga Journal

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## Video and Audio

Reviewed by Richard Rosen

### **Kundalini Yoga: The Challenge**

With Donna Davidge

(Shoestring Productions, P.O. Box 853,  
Village Station, NY, NY 10014;  
videotape; 50 minutes; \$30)

Donna Davidge teaches Yogi Bhajan-style kundalini yoga in New York City. This method uses three "tools": postures, breathing, and sound or *mantra*, to create strength, flexibility, and endurance.

I won't try to describe the overall sequence of this 50-minute video session, just because there's so much going on. The first half, which includes mostly sitting, kneeling, and squatting postures, works intensely with the spine, as you would expect from a kundalini-based practice, and with the rapid, explosive breathing technique called "breath of fire." The second half includes three standing postures and an interesting exercise for the "master gland" and "third eye," the pituitary.

I reviewed Davidge's first video a few years ago, and this second effort is just as competent. She has an engaging presence and keeps the session moving along briskly. I miss here, though—just as I did on the first video—a broader view of the kundalini practice, especially its ultimate goal and what the student can expect if he or she does indeed awaken, in John Woodroffe's words, the "serpent power." This is, however, a useful introduction to the techniques of this method, appropriate for experienced students.