

# Astanga

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**Yoga TV** If you can't make it to a yoga class but would like to be guided through your routine, videos are the perfect surrogate. The following are some of our all-time favorites, plus some excellent newer releases. Most are hatha yoga programs; Bryan Kest's is the only Astanga workout.

**Ali MacGraw's Yoga Mind and Body** (Warner Home Video, 1994, 53 minutes; \$14.95) MacGraw and others are led through an energetic yoga session by yoga master Erich Shiffman. Designed for more experienced practitioners, the tapes still have enough cues for beginners to follow comfortably. The scenery is incredible and the visuals are accompanied by lovely drum and bell sounds.

**Kundalini Yoga, the Challenge With Donna Davidage** (Shoestring Productions, 1996, 50 minutes; \$30) Includes a series of Kundalini-style poses that "open" the body, balance the chakras and stimulate organs. Davidage also focuses on various breathing patterns that increase strength and flexibility.

**Jane Fonda's Yoga Exercise** (WarnerVision, 1993, 56 minutes; \$19.95) A blend of traditional yoga poses and simple stretches. Easy to follow, even if you've never done yoga before, thanks to Fonda's adaptations of more difficult poses.

**Kathy Smith New Yoga Series** (BodyVision, 1994, 60 minutes each; sold separately for \$19.95 or as a set for \$54.95) In this video series, the Basic tape teaches how to increase your flexibility gradually as you do traditional yoga postures. The New Yoga tape features

many variations on the sun salutation and the Challenge tape pushes you further.

**Yoga Journal's Yoga for Beginners With Patricia Walden** (Healing Arts, 1990, 75 minutes; \$14.95) A beginner's guide to yoga basics, with expert cuing on the most common standing, seated and inverted poses. Comes with 56-page how-to booklet.

**Bryan Kest's Power Yoga I** (Warner Home Video, 1995, 52 minutes; \$14.95) The first of a series of tapes, Power I emphasizes strength, stamina, flexibility and balance. Kest teaches how to adapt poses based on strength and mood.

**Yoga Journal's Yoga Practice Series** (Living Arts, 1992-1996; sold separately for \$14.95 each, or as a set for \$69.95) The newly packaged series includes five tapes:

**Yoga for Flexibility With Patricia Walden** (80 minutes), two practice sessions emphasizing forward and backward spine movements; **Yoga for Strength With Rodney Yee** (75 minutes), two practice sessions that include aerobic and power-based poses; **Yoga for Relaxation With Patricia Walden** (65 minutes), two practice sessions emphasizing gentle resting poses and guided relaxation; **Yoga for Energy With Rodney Yee** (50 minutes), five practice sessions that take you through five parts of the day, sunrise to sunset; and **Yoga for Meditation With Rodney Yee** (50 minutes), five practice sessions focusing on breathing, relaxation, stretching and guided meditation.

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