

# WHICH YOGA CD IS RIGHT FOR ME?

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## *Beginner's*

**Basic Routine.** This is a complete, Sivananda style hatha yoga routine, comprising the Sun Salutation, two pranayams, and the most important asanas. Pace is energizing, helping to develop strength yet allowing enough rest time to never feel strained. This is a routine you can practice everyday for years and continue seeing improvement! 1 hour long. Available in Spanish, too!

**Yoga Para Principiantes.** *The Basic Routine, as described above, in Spanish.*

**Beginner's I.** In this routine, stress releasing exercises precede a slightly more advanced basic routine, creating a wonderful relaxed state in which we can open up more deeply in the postures, bringing an expanded awareness of our mind/body. Take time to spread out, and give yourself a truly special treat!

**FOY (Foundation of Yoga).** Foundation of Yoga is the entry level class taught at Shanti Yoga. This recording captures the intimate classroom feel, with Vyasa's gentle yet penetrating voice guiding the beginner through his or her first yoga experience. Each segment opens with key advice for establishing a good practice. The mellow pace—excellent for building lasting flexibility and strength—make this one a consistent choice even for those who have done yoga for years. The essential beginner's routine.

## *Intermediate*

**Variations II.** Having attained proficiency in the basic routine, the student is now ready for more advanced postures that promote greater flexibility and endurance, allowing for deep, sustained release of tension. When it's time for final relaxation, a feeling of indescribable stillness and peace permeates the mind and body. Really lifts one into a higher experience of "yoga" ("union/stillness").

**Asanas for Strength.** Perhaps the most challenging routine, made up of standing postures as well as floor poses, this practice builds strength and endurance, toning muscles typically under-used in modern life to the detriment of our health. Also emphasizing balance, this routine helps us cultivate greater awareness, calm, and confidence in daily life.

## *Meditation/Relaxation*

**The Silent Journey.** So many have been touched by Peruvian Yogi Vyasa's soothing yet powerful voice. Some even call our answering service just to hear his message! But you can create your own, unique meditation in his company. Take the Silent Journey and experience a feeling of perfect safety in yourself and communion with all the holy goodness of Life. Best of all, learn that this power is yours to use anytime you wish.

**Relaxation I.** "Is there a CD just to help me relax?" Yes! Opening with everyone's favorite part of yoga—final relaxation—our soothing guide proceeds to lead us on a beautiful path up through our centers of energy, finding and expanding the light in each one, culminating in a blissful experience where we will find the peace we are seeking.

*This recording has been proven to reduce stress, lower blood pressure, improve heart conditions, and promote sleep.*