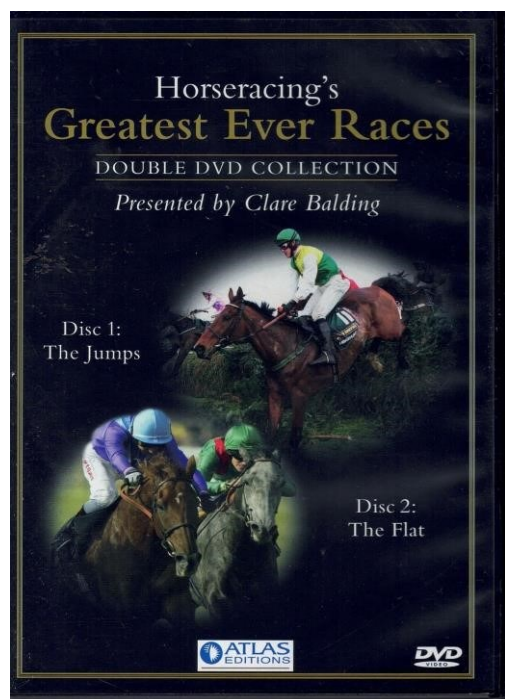


The Paragon

Multimedia DVD, VHS Collection

Title: Horse Racing's Greatest Ever Races



Library Image

Double DVD Collection of horseracing's greatest ever contests. Both the DVD's tell the story of fortunes won and lost on horses that become household names and of the extraordinary and varied cast of characters who have punctuated the sport's history. Disc one features a full history of the jumps, with 25 of the greatest steeplechase races ever run between 1956 and 2006. There are some incredible stories featuring Bob Champion and Aldantiti, Michael Dickinson's first five home in the 1983 Gold Cup, races with Arkle, Night Nurse, Red Rum and Desert Orchid featuring in no less than four of the top 25 races. Disc two showcases the 25 greatest flat races since 1938. An amazing selection from Seabiscuit's defeat of War Admiral in 1938 to Persian Punch's emotional third triumph in the Jockey Club at Newmarket and High Chaparral's amazing victory in the 2003 Breeder's Cup meeting – the closest ever. Interspersed, we have the likes of Mill Reef and Secretariat, Grundy and Shergar. Both DVDs are presented by BBC and Channel 4 Broadcaster, Clare Balding.

ISBN: Atlas Editions
4 652 981

Information

Release Title: Beyond Dynamic Yoga
(United Kingdom)

From:

AKA:

Release date:

Origin: Education

Genres: Documentary

VHS Nos. - 1

Certification: PG

Duration: 1h 30m

Region Code: DVD: 2

Region: 2

Product Code:

MPN: Languages: English

Filming locations:

Sound mix: Mono & Stereo Colour:

Colour & Black and White

Aspect Ratio:4:3



WordWoman

★★★★☆ Ideal for more experienced yoga fans

Reviewed in the United Kingdom on 27 April 2006

Verified Purchase

This DVD has had some mixed reviews on the site, but I'm glad I trusted my instincts and bought it. Many people complained it's not suitable for beginners, and I would definitely agree with that. This DVD is great for people like me who have been to classes and know what they are doing, but just want a few pointers to keep them on the right track and motivate them. It is fast-moving, but allows you to keep up a steady flow of movement. I could have done with a little more time to wrestle with some of the trickier postures, but they should come with time. I specifically didn't want a "celebrity" video but one with yoga professionals. I like the fact that one instructor shows the easier version while the other does the full posture, giving you something to aspire to (though I'm not sure I'll ever be wrapping both feet round my neck while balancing on my hands...) The setting is tranquil with no distractions, the music is unobtrusive and the instructions are given as a voiceover, leaving the instructors free to concentrate on the postures. All in all, it's a useful extra resource for more experienced users, but not ideal for those who need more guidance.

28 people found this helpful

