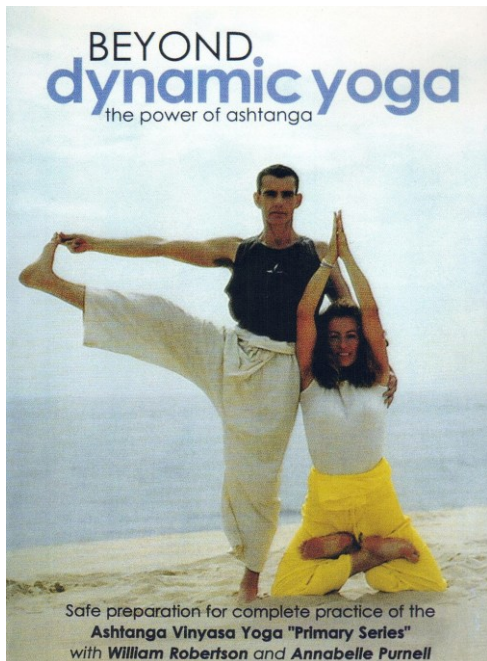


The Paragon Multimedia DVD, VHS Collection

Title: Beyond Dynamic Yoga



Library Image

Storyline

The Classic Sports Cars' DVD Introduces a sensational parade of some of the greatest vehicles in motoring history. Clocking in at approximately one hour, the programme takes us on a fascinating journey from the 1950s to the 1980s and features iconic names such as Austin, MGB, Triumph Spitfire, Porsche 911, Jensen Interceptor and Morgan Roadster...

ISBN: 5031932105032

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

