

## YOGA VIDEOS - DVDS

### Title

### Instructor

#### VIDEOS

Gaiam's Stress Relief Yoga for Beginners	Suzanne Deason
Living Yoga for Beginners	Rodney Yee & Patricia Walden
Spirit of Yoga in Sedona, The	
Wai Lana Yoga Toning Work Out	Wai Lana
Yoga Journal's Yoga for Beginners	Patricia Walden
Yoga Journal's Yoga Practice for Energy I	Rodney Yee
Yoga Journal's Yoga Practice for Energy II	Rodney Yee
Yoga Journal's Yoga Practice for Meditation	Rodney Yee
Yoga Journal's Yoga Practice for Relaxation	Patricia Walden
Yoga Journal's Yoga Practice for Strength	Rodney Yee

#### DVDs

15 Minute Yoga Workouts	
Advanced Kundalini Yoga for the Spiritual Warrior, Vol 2	Mantra Girl
An Introduction to Kundalini Yoga & Chanting	Mantra Girl
Create Your Day	Mark Vicente
Gaiam Prenatal Yoga	Shiva Rea
What on Earth? Inside the Crop Circle Mystery	Suzanne Taylor