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**Contact:**

Mark Holmes or Ian Albert, Partners  
mark@pranamaya.com, ian@pranamaya.com

## ***Anatomy for Yoga with Paul Grilley***

A new DVD featuring Yoga teacher Paul Grilley

### **Praise for *Anatomy for Yoga with Paul Grilley*:**

*"...this new DVD from Paul Grilley is such a welcome arrival... Teachers, serious students, and anyone running a teacher training program worth its salt will want a copy of this DVD."*

— **Yoga Journal**

*"With his combination of elevated intelligence, clarity of delivery, spontaneous humor and genuine desire to assist in other's growth, I find Paul Grilley to be one of the most compelling and authentic yoga teachers today."*

— **Sarah Powers**

*"Paul Grilley's message is very simple yet very profound. Teachers and students alike need to understand that people's anatomical structures are very different and can determine their ability to do various yoga poses. In fact, I think this message is so important that viewing *Anatomy for Yoga* or taking a workshop from Paul should be a requirement in all yoga teacher training programs."*

— **Yoga Chicago Magazine**

Pranamaya and Paul Grilley are pleased to announce the release of ***Anatomy for Yoga with Paul Grilley***, the first in a series of lectures and workshops to be available on DVD. The focus of this first collaboration is comparative anatomy: understanding the underlying structure of the body, how that structure differs significantly from person to person, and how to use that knowledge in gaining a deeper understanding of our individual Yoga practices.

This comprehensive DVD includes nearly 4 hours of in-depth lectures and demonstrations of human anatomy as it relates to Yoga practice. Over seven chapters, Paul explains how the key concepts of *compression, tension, proportion and orientation* can be used to help us understand why no two people will ever experience the same Yoga posture in the same way.

Throughout the DVD, Paul's material is illustrated by the presentation of a wide range of yoga students, a real skeleton, actual human femur bones and computer-generated models. These illustrations give the viewer a unique look deep inside the body during asana practice, and shed light on a little-understood aspect of Yoga: how the bones affect the poses.

Other features of the DVD include:

- An Interactive Skeleton section provides an opportunity to visually explore skeletal anatomy interactively.
- An question-and-answer session in which Paul answers commonly-asked questions about his teaching.
- Examination of actual human bones, and how their differences affect Yoga postures.
- Bonus lecture material, including a discussion of Paul's Taoist philosophy on Yoga.

Paul's light-hearted yet provocative approach will challenge many misconceptions about Yoga while providing the foundation for the development of a truly personal practice.

## About Paul Grilley

Paul's work is broad-reaching and keeps him on the road giving lectures and workshops around the country. He is a leading authority on Taoist Yoga, which embraces and examines the critical differences between the Yin and Yang tissues of the body. Paul's special interest is in teaching anatomy. His lecture topics include Taoist Yoga, Movement Analysis, Chi, Meridians and Chakras, Hatha Yoga Pradipika, and the Yoga Sutras of Patanjali.

In the summer of 1979 Paul Grilley was inspired to study yoga after reading *The Autobiography of a Yogi* by Paramahansa Yogananda. After two years study of anatomy with Dr. Garry Parker, he relocated from his home in Columbia Falls, Montana to Los Angeles to continue his studies at UCLA.

During his thirteen years as a yoga teacher in Los Angeles, Paul studied Taoist yoga with martial arts champion Paulie Zink. He also had the opportunity to study with Dr. Motoyama in Japan, as well as host seminars with him in the United States.

After twenty years of reading and study in the philosophies Taoism and Yoga, Paul took a sabbatical from teaching and completed a Master's Degree from St. John's College in the study of the Great Books of the Western World. Paul enjoys reading in esoteric subjects and science, continuously looking for bridges between these two fields of study. He lives in Ashland, Oregon with his wife Suzee.

## About Pranamaya

Pranamaya is a new video production company dedicated to producing innovative yoga videos and DVDs. Based in San Francisco, Pranamaya was founded by Ian Albert and Mark Holmes to combine their extensive experience in film and television production with their passion for exploring yoga.

Ian Albert has over a dozen years experience in the production of broadcast television and educational video programs. He is currently producer/director of the program *Uncommon Knowledge*, broadcast weekly by more than 80 PBS stations across the country. He has been practicing yoga since 2000.

Mark Holmes has created computer graphics and visual effects for the print, television and film industries for over sixteen years. He received an Emmy Award for his work on a popular television series, and created effects for feature films at both Industrial Light and Magic and Sony Pictures Imageworks in Los Angeles. He has been practicing yoga since 1997, and has returned to the San Francisco Bay area to continue his work in television commercials and music videos.

### ***Anatomy for Yoga with Paul Grilley***

**A Pranamaya DVD**

**Release Date: November 25, 2003**

**Running time: 230 minutes**

**NTSC DVD - All Regions**

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**\$39.95 USD**

Retail and Wholesale purchase information:

**[www.pranamaya.com](http://www.pranamaya.com) - [info@pranamaya.com](mailto:info@pranamaya.com)**

2 Connecticut St., 2nd Floor  
San Francisco, CA 94107  
ph: 415.269.6484 fax: 415.864.2362  
[www.pranamaya.com](http://www.pranamaya.com)

