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Dance of Shiva with Andrey Lappa **A yogic system of conscious liberation**

“Andrey Lappa's Dance of Shiva is an extraordinary yoga practice to help release conditioned patterning, liberate one's creative potential and enrich the interplay between control and spontaneity. This DVD is highly recommended for all who wish to awaken consciousness.”

— **Shiva Rea**

Pranamaya Teams up with Yoga Master Andrey Lappa

Pranamaya is pleased to announce the release of Dance of Shiva, the first in a series of unique DVD projects with Ukrainian yoga master Andrey Lappa.

Dance of Shiva is an ancient yogic system of conscious liberation which uses synchronized movements of the arms and legs to create powerful flows of life energy. As the movements become increasingly complex, practitioners are challenged to develop ever greater conscious control over physical, mental and energetic processes within the body. Andrey has created a uniquely modern and systematic method of teaching this ancient practice.

Dedicated practice of Dance of Shiva, whether by itself or in conjunction with other disciplines, such as yoga, martial arts, dance and meditation, will enhance well-being and serve as a powerful tool for personal growth.

At the core of Dance of Shiva is a belief in the underlying unity of the internal, both mind and body, and the external, or the surrounding universe. The movements of Dance of Shiva create increasingly complex connections, both with the external world and within our minds.

Dance of Shiva builds up these connections to surrounding space from just eight basic positions of each arm and five basic positions of each leg. The first two levels of the system are designed to teach these basic positions—the language, so to speak, of Dance of Shiva. Subsequent levels of practice combine these basic positions and movements with ever-increasing complexity.

This DVD presents the first two levels of Andrey's system in their entirety and includes a substantial introduction to the third level. Features of the DVD include:

- 3 1/2 hours of practice material shot at beautiful Tengboche Monastery in the stunning high Himalayas of Nepal.
- Over 60 minutes of in-depth lectures explaining the history, theory and practice of Dance of Shiva, including detailed explanations of the first three levels.
- Detailed menus allow precise navigation through the combined 4 1/2 hours of practice and lecture material. Each of the intermediate steps of each practice level can be looped individually for focused practice.

About Andrey Lappa

Andrey Lappa is one of the most influential yoga masters of the post-Soviet countries. He has studied with teachers both famous and unknown, including BKS Iyengar and Sri K. Pattabhi Jois, and has practiced meditation in many monasteries and temples throughout the East. After many years of exploration into the most esoteric and challenging practices of yoga, Andrey developed the incomparably powerful and effective Universal Yoga system, a comprehensive approach to spiritual evolution. Andrey has taught yoga since 1988 and is president of the Kiev Yoga Federation in the Ukraine. Currently he conducts teacher training programs around the world. He is the author of *Yoga: Tradition of Unification*.

About Pranamaya

Pranamaya is a video production company dedicated to creating 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. Pranamaya's first DVD release, *Anatomy for Yoga with Paul Grilley*, has received rave reviews from teachers and students around the world, as well as in yoga publications such as Yoga Journal. It is rapidly becoming required viewing in yoga teacher training programs across the United States.

Dance of Shiva with Andrey Lappa

A Pranamaya DVD

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