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

Introduction to Universal Yoga

The new DVD featuring yoga master Andrey Lappa

“Andrey Lappa’s Universal Yoga is a complete integrative system that empowers people of all schools and styles of yoga. The principles and practices presented are ideal for developing ultimate creative potential and achieving self-realization.”

— Shiva Rea

Introduction to Universal Yoga

Pranamaya is pleased to announce the release of *Introduction to Universal Yoga*, a new DVD featuring Ukrainian yoga master Andrey Lappa. Universal Yoga is a unified scientific approach to achieving liberation of consciousness through a balanced application of physical, energetic and psychic practices. This system reflects Andrey Lappa's experience with spiritual teachers of the Hindu and Tibetan Buddhist traditions of the Himalayas, his decades of personal practice and research, and his belief in complete freedom and creativity in practice.

The Practice of Universal Yoga

The first half of this DVD features a two-hour sequence of asanas (postures) and vinyasas (movements), which Andrey created specifically for this project. The asana practice was videotaped in a stunning California coastal setting, and features nearly two hours of original music by San Francisco composer David Battenfield.

In support of the fundamental goal of yoga, Self-realization, the special Universal Yoga practice presented on this DVD is designed to create a powerful balancing and centering influence on consciousness. Because Universal Yoga is based on a comprehensive understanding of all possible yoga forms and techniques rather than on specific fixed patterns of asana or vinyasa, this DVD sequence is just one of thousands of possible practices, or Universal Yoga sub-styles, that can range from very vigorous and active to very quiet and restorative. Andrey encourages students and teachers to use the tools of Universal Yoga to create unique practices well-suited to support their own personal development along the spiritual path.

This particular sequence offers a balanced combination of static and dynamic strengthening and stretching poses suitable for a wide range of physical ability levels, but is recommended for experienced yoga students.

The main features of the practice sequence on this DVD include:

- Development of all directions of mobility of each main joint of the body
- A balanced combination of static poses and dynamic movements
- A balanced combination of strengthening and stretching exercises for each part of the body
- Rotation of the body in multi-dimensional space, using Andrey's innovative cross-mat arrangement
- Multiple options for various levels of complexity, depending on the abilities of the practitioner
- Pranayamas (breath control) and instructions for relaxation and meditation
- A demonstration of rasas—psycho-emotional states of chakra activation

The Theory of Universal Yoga

The other half of this unique DVD is a compilation of lecture highlights taken from Andrey's 10-day Level 1 Teacher Training program. The lectures introduce the comprehensive theory behind the Universal Yoga system and offer a fascinating combination of practical insight into hatha yoga and thorough knowledge of the esoteric tradition of yoga.

Some of the lecture topics include:

- Principles of Universal Yoga
- Control of Attention
- Asanas and Marmas
- The Purpose of Vinyasas
- Pranayamas and Consciousness
- Kundalini
- Yamas and the Maya Koshas
- Power of the Spirit

The complete teacher training lectures are also available from Pranamaya in a special 24-hour, 6-DVD box set titled *Universal Theory of Yoga: Lectures on Self-Realization, Level 1*.

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, 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.

Introduction to Universal Yoga with Andrey Lappa A Pranamaya DVD

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Retail and Wholesale purchase information:

www.pranamaya.com — info@pranamaya.com

2 Connecticut St., 2nd Floor
San Francisco, CA 94107
ph: 415.269.6484 fax: 415.864.2362
www.pranamaya.com

