



Two new DVDs from Sarah Powers: *Insight Yoga | Heaven* *Insight Yoga | Earth*

"Powers is an excellent vinyasa teacher, but where she really shines is in ... education that links the poses to traditional Buddhism, Western anatomy and physiology, and Chinese medicine." — Richard Rosen, Yoga Journal

Mingling the Energies of Heaven and Earth

Insight Yoga helps us develop a balanced relationship to our inner life and our worldly life by integrating our Yin earthly stability, the grounding energy connected with our legs and belly, and our Yang heavenly energy, the open expansive dimensions of existence connected with our torso, shoulders, heart and mind. Consciously connecting to our body, breath and mind with ease and respect can heal us of the harm we inflict on ourselves through unaware living and reactive habits of contraction, as well as establish a daily rhythm of self-care, reinvesting in our commitment to living with awareness in a kind and insightful way.

These DVDs feature Sarah Power's remarkable blend of dynamic yoga movement, Yin-style held postures and skillfully guided meditations. Each DVD is designed to be a complete set of practices while at the same time serving as perfect complements to each other, as well as Sarah's other Insight Yoga practices available from Pranamaya on DVD or online video.

Insight Yoga | Earth: Balancing Yin Energy

The emphasis in *Insight Yoga | Earth* is on enhancing the vitality in the Hara while encouraging strength and stability in our legs and abdomen—the 'earth' areas of the body. The first practice on this DVD features a series of standing and balancing poses that encourage lower-body groundedness, followed by fluid movements to decongest stagnancy in the back and shoulders. Balance is achieved through a shorter floor sequence that concentrates on bringing universal Yang energy down through seated twists and core strengtheners that increase circulation along the spine and abdomen.

Balancing the physical and energy body is a vital pre-requisite for living an embodied and energetically creative life, but without mind training, our habits of mental distraction and reaction will continue to draw us away from a poignant, meaningful existence. On this DVD Sarah offers the mindfulness practices of Buddhist Shamata ("calm abidance") and Vipassana ("clear seeing"). Regular practice of these two meditations can begin to have a profound effect on how you relate to simple moments throughout your day. When practiced with sincerity and regularity, they will greatly deepen your understanding of yourself and others, provoking you toward a loving and insightful life.

Insight Yoga | Heaven: Balancing Yang Energy

The emphasis in the *Insight Yoga | Heaven* DVD is on enhancing the vibrant Yang energy within our body. Since our health and vitality are dependent on our upper body energy moving down into the belly region, the main practice features inversions, pranayama practice, and visualization, all of which can help clear tension and stagnation that accumulates in the tissues of the upper body. Sarah includes a shorter "Earth balancing" sequence in which all the poses are practiced on the back, allowing you to literally feel the support of the ground and encourage the confluence of Yin and Yang energies in the belly.

There is also a 15-minute Karuna (Sanskrit for compassion) meditation that allows us to envision all mental obstacles and emotional disturbances as invitations to develop increased kindness and care, transmuting our obstacles into allies by deepening our empathic resonance with our own and others' intrinsic vulnerability.

Highlights from the Insight Yoga| Heaven DVD include:

- Practice 1: Strengthening Lung Chi: increases lung circulation and vitality (65 min)
- Practice 2: Ground Support: nourishes the spine, hips and abdomen (45 min)
- Karuna Meditation: guided meditation practice developing compassion (20 min)

Highlights from the Insight Yoga| Earth DVD include:

- Practice 1: Grounding Down: promotes groundedness and frees stagnation (55 min)
- Practice 2: Spiraling Chi: increases circulation in spine and abdomen (31 min)
- Shamata Meditation: breath-focused attention to increase ease of being (20 min)
- Vipassana Meditation: disengages mental reactivity and develops insight (18 min)

Special Features for both DVDs include:

- English subtitle option for all material
- Bonus audio MP3 files for portable practice

Buyer's Guide	Audience: Style: Intensity: Props:	No Yoga experience necessary Movement with breath, seated meditation Mild to strong physical exercises and breath work Yoga mat, blanket, cushion/chair for meditation
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About Sarah Powers

Sarah Powers began teaching in 1987. She interweaves the insights and practices of Yoga and Buddhism into an integral practice to enliven the body, heart and mind. Her yoga style blends both a Yin sequence of long held poses to enhance the meridian and organ systems, combined with a flow or Yang practice, influenced by Viniyoga, Ashtanga, and alignment based teachings.

Her Buddhist training in Insight Meditation includes many retreats with Spirit Rock trained teachers, time spent in a Monastery in Burma, and a dharma teacher training with Bhante Gunaratana. She has also sat a number of Zen and Chan retreats. Her main influence for the last 7 years has been the Dzogchen teacher, Tsoknyi Rinpoche.

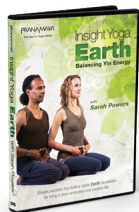
She teaches retreats with her husband Ty, and together they home school their teenage daughter, Imani Jade. They live in Marin, CA. For more information on Sarah, go to www.sarahpowers.com.

Sarah is also featured in the highly acclaimed DVD: *Insight Yoga*, also from Pranamaya, Inc.



Insight Yoga| Heaven with Sarah Powers

A Pranamaya release • Release Date: November 15th, 2011
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Retail and Wholesale purchase information:
www.pranamaya.com - yoga@pranamaya.com

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