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## ***Insight Yoga with Sarah Powers***

*“Powers is a remarkable teacher. She has a captivating presence and intelligent delivery, with one of the most mesmerizing voices I’ve ever heard...” — Richard Rosen, Yoga Journal*

Pranamaya is pleased to announce the release of *Insight Yoga with Sarah Powers*. In this DVD, acclaimed Yoga teacher Sarah Powers presents her unique inter-disciplinary approach, which blends insights and practices of Yoga, Buddhism and Chinese medicine into an integral practice to enliven the body, heart and mind. This comprehensive DVD contains over four hours of material, including two complete Yin Yoga practices, two active Vinyasa Yoga sequences, final relaxation and a guided meditation.

### ***Insight Yoga: Blending the Practices of Yoga and Buddhism***

The Indian tradition of Hatha Yoga emphasizes the potential for psychological transformation and liberation that can be accessed through working with the physical and energetic bodies. The Buddhist traditions emphasize the potential for liberation through the meditative practices of insight and awareness. Sarah's intent in creating Insight Yoga is to offer an accessible and invaluable bridge between these two potent paths of transformation.

In order for our practices to encourage a balanced equilibrium on all levels of our being, we must address both the Yin, or receptive aspects of our nature, as well as the Yang, or active, radiant qualities. These two primordial energies are considered to be inseparable in all forms of existence, with any imbalance in our body/mind organism traceable to either an excess or depletion of these Yin or Yang energies. Each day it is essential that we assess our overall constitution and choose the practices best suited to balance us.

### ***The Influences of Chinese Medicine***

Sarah's interest in understanding the inseparability of the physical, energetic, emotional and mental domains of our being has inspired her to interweave these teachings from Chinese medicine with the rich traditions of Yoga. This union forms the basis of Yin/Yang Yoga, and the foundation of the practices presented on this DVD. Through their application we aim to restore and revitalize the body and mind, while cultivating an inner atmosphere for contemplation and meditation to arise with greater ease.

## *The Practices of Insight Yoga*

The practice of Yin Yoga uses long-held floor poses to enhance the Chi or energy distribution through the Yin parts of the body, particularly the bones and the connective tissues that bind them. This style of practice, done slowly and safely, nourishes the natural range of motion of the joints. It also flushes the meridians housed in these connective tissues, which directly effects particular organs in the process.

The Yin yoga sequences on this DVD encourage structural stability and muscular pliancy through dynamic movement and strengthening poses. Sarah emphasizes slow, conscious movement and focused breathing throughout. These sequences are excellent complements to the Yin practices and are highly recommended to stabilize the areas opened from the long Yin holds.

As meditative awareness is both the ground and fruition of our practices, Sarah offers both guided instruction outlining the basic tenets of Insight Meditation as well as silent practice, sharing through each the tools necessary to begin and continue this essential practice of concentration and inquiry.

### *Highlights from this DVD:*

- Over 4 hours of practice material
- 2 unique 1-hour Yin yoga sequences with commentaries on Buddhadharma and Chinese medicine
- a 1 hour vigorous Vinyasa sequence
- a 40-minute Sun Salutation sequence
- a 10-minute guided Sivasana relaxation practice
- a 30-minute guided meditation practice
- programmable sequences for a variety of practice combinations
- detailed menu guide you through a wealth of information

### **About Sarah Powers**

Sarah Powers began teaching in 1987. 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 County, California.

### *Insight Yoga with Sarah Powers*

A Pranamaya release

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