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Universal Theory of Yoga

Lectures on Self-Realization with Andrey Lappa

24-hours of lectures in a 6-DVD box-set

"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

Universal Theory of Yoga

Pranamaya is pleased to announce the release of *Universal Theory of Yoga: Lectures on Self-Realization, Level 1*, a special 6-DVD box-set featuring 24 hours of lectures on yoga by Ukrainian yoga master Andrey Lappa.

The Universal Theory of Yoga is a systematic approach to spiritual evolution based on the key principles of classical yoga, creativity in practice and personal freedom. Andrey Lappa developed the Universal Theory of Yoga after decades of intensive personal practice and study with spiritual teachers of the Hindu and Tibetan Buddhist traditions of the Himalayas. His theory lectures offer insightful and comprehensive knowledge and skills for harmonizing spiritual awakening through yoga with everyday life.

Pranamaya has captured and packaged the entire lecture portion of Andrey's Level 1 Teacher Training program and made it available in this 6-DVD set. Over 24 hours of edited material guides viewers through a truly unique workshop experience that presents Andrey's brilliant synthesis of hatha yoga as well as his provocative insights into the more esoteric yogic practices. This fascinating series of lectures on yoga philosophy is as much about how to be a true yogi in the modern world as it is a workshop on how to teach yoga.

The lectures are presented exactly as if the viewer were participating in the teacher training. We've preserved as much of the natural feel of the experience as possible, including a great number of real questions from the other students in the class. Andrey makes extensive use of a large presentation easel to list important details, draw diagrams and describe asanas. We've made sure to include close-ups of this information on the DVDs, but also created a 16-page, full-color Reference Guide that offers some of the more intricate diagrams in printed form for ease of use and review.

The Level 1 set includes lectures on these topics:

1. Distinctive features of Universal Yoga
2. The universal scheme of Asanas: static positions of the body
3. The universal scheme of Vinyasas: dynamic movements of the body
4. Safety techniques in asanas
5. The universal scheme of Pranamayas: control of breath
6. Connecting pranayamas and asanas
7. The universal methods of energy control: Bandhas, Mudras, and Drishtis
8. The function of Chakras and Rasas
9. Primary and secondary Pranas

10. Activation and control of Kundalini
11. The universal meaning of Mantras and sound energy
12. Control of attention: Pratyahara, Dharana and Samadhi
13. Control and relaxation of the Maya Koshas: shells of human existence
14. Kriyas and the cleansing of the Maya Koshas
15. Development and appropriate use of Siddhis: spiritual abilities
16. Yamas (moral precepts) and Karma
17. Niyamas (self-purifying disciplines) and Karma
18. Power of the Spirit

Special Features include:

A Demonstration of Conscious Awakening - a special energizing practice

A Demonstration of Rasas - activation of the chakras

A Demonstration of Ziong-Shing - Vietnamese dynamic yoga

For Future Release: Universal Theory of Yoga: Lectures on Self-Realization, Level 2

Pranamaya has already videotaped the entire lecture portion of Andrey's Level 2 Teacher Training program and is preparing the material for a future multi-DVD box-set release.

The Level 1 box-set focuses on the universal theory of asanas, vinyasas, pranayamas, bandhas, mudras, etc.—essentially the building blocks of a yoga practice. The Level 2 box set will focus on using those building blocks to create powerful and effective practice sequences to achieve any goal in yoga. Andrey will present his innovative techniques of digital balancing and multi-dimensional sequence structuring, in addition to many other topics, including partner yoga, and other special yoga practices.

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.

Universal Theory of Yoga: lectures on Self-Realization with Andrey Lappa • Level 1

A Pranamaya DVD

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NTSC DVD - All Regions

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