

YOGA FOR BEGINNERS



BWM71009DV

YOGA
FOR BEGINNERS

TRANSFORM YOUR WHOLE SELF

From the creators at **bodywisdom media** comes a new expert line of DVDs! Excite, inspire and encourage your journey of healthy and balanced living.

YOGA FOR BEGINNERS is the perfect way to explore and experience the numerous benefits of yoga. Each of these 8 routines focuses on different physical and mental aspects of yoga, such as building strength, improving flexibility, reducing stress and more!

Renowned instructor **Barbara Benagh** leads tailored workouts ranging from 10 to 60 minutes. This safe and effective program is suitable for every body, all ages and schedules.

DVD HIGHLIGHTS:

- + 8 customized and targeted routines
- + Exclusive Interview with the instructor
- + Modifications of poses for less-flexible people
- + Routines from 10 - 60 minutes
- + Filmed at stunning Half-Moon Bay, Antigua

Produced, Directed and Edited by Michael Wohl
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Not all exercises are suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any other exercise program. The instruction and advice contained within are in no way intended to be a substitute for medical counseling. The creators, producers, participants and distributors of this product. Disclaim any liability or loss in connection with the exercises and instruction provided. By practicing with this product you agree to assume all risk.

YOGA FOR BEGINNERS

Increase Strength + Flexibility
Improve Your Health + Vitality

Transform Yourself
Feel Great + Look Younger

with
8
easy to follow
routines



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