

# Coming to a yoga mat near you!

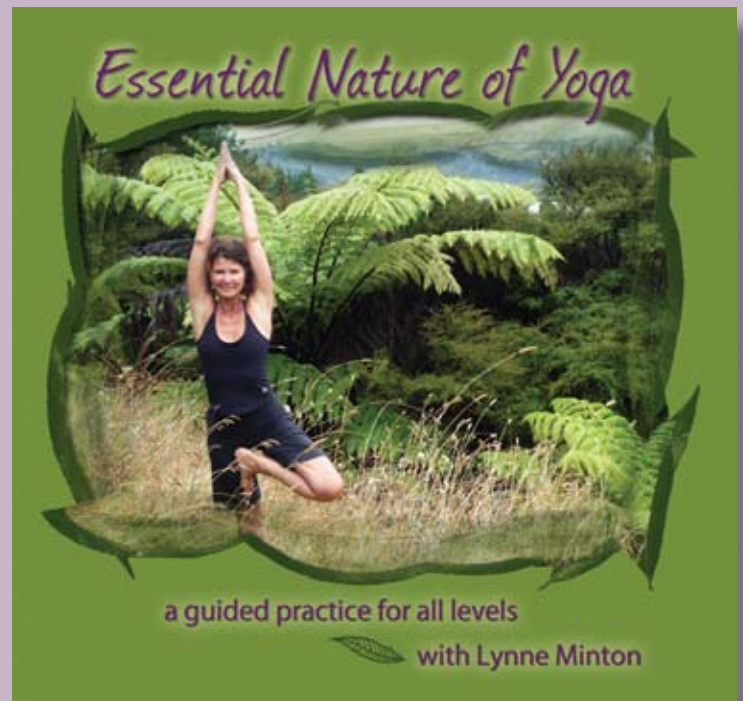
Hello fellow yogis! I'm happy to announce that my new CD, "Essential Nature of Yoga," has been released. It's a guided practice for all levels, and I hope you enjoy it as much as I enjoyed making it.

If you would like place an order, please use the attached order form.

The cost is \$20 plus \$2.00 S/H for each CD. Please make checks payable to Lynne Minton.

Thanks so much!

Namaste,  
Lynne



*Sample photos from the Asana Guide  
(included with CD)*

## Standing postures



utthita trikonasana  
(triangle)

## Energizing postures/ Backbends



dhanurasana  
(bow)

## Centering postures



marichyasana I  
(twist of the sage)

## Table of Contents (CD is about 78 minutes)

### 1. Introduction

### 2. Warm-up/intention

tadasana  
sama vritti pranayama  
adho muka virasana  
ardha adho muka svanasana  
adho muka svanasana

### 3. Standing postures

utthita trikonasana  
virabhadrasana II  
utthita parsvakonasana  
virabhadrasana I  
prasarita padottanasana

### 4. Energizing postures/Backbends

gomukasana (arms only)  
lunges  
salabhasana  
ardha bhekasana  
dhanurasana

### 5. Centering postures

baddha konasana  
janu sirsasana  
marichyasana I  
supta padangustasana

### 6. Savasana