

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



CD Order Form

Essential Nature of Yoga

with Lynne Minton

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

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Also, if you would like your CD(s) signed, please indicate that in the space below.

Note: The signed CDs will not be in poly wrap.

Yes, please sign my CD(s).

Other special instructions:
(e.g., sign to someone in particular)

Quantity Ordered = _____

x Price per CD (\$20) = _____ x \$20

Subtotal for CDs = \$ _____

Qty. ____ x \$2.00/CD = \$ _____

Total Amount = \$ _____

* If you prefer to save the S&H fee, and wish to pick-up your order at Inner Dance Yoga Studio, please check the box below.

I wish to pick up my order at Inner Dance Yoga Studio.
(You'll get an email you when they are ready for pick-up.)

Please make checks payable to Lynne Minton. Thank you!

Mail to:

Lynne Minton
P.O. Box 190121
Anchorage, AK 99519