

Develop balance, strength and ease. Enjoy all elements of a complete yoga practice. These five episodes from Padma's national television show The Elemental Series include gentle yoga, calming breath work, simple meditations, delightful Sanskrit chanting, insightful talks and a Sanskrit word of the day.

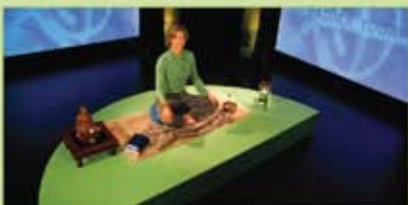
Padma studied for a decade in the Himalayas and since 1999 has been hosting international workshops. She is a highly esteemed expert of meditation and yoga who teaches with grace, a wealth of wisdom, exceptional expertise and clear awareness.

This DVD contains the EARTH episodes. These are perfectly designed to establish a firm foundation of calm and alert practice.

1. Connecting with Oneness ~ YOGA
2. Practising Non-Violence ~ AHINSA
includes the Sanskrit chant "Om Asato Ma Sat Gamaya"
3. Brightening your Intelligence ~ SATTWA
4. Balancing Dynamism ~ RAJAS
5. Simply Observing ~ VIPASHYANTI

Total run time: 2 hours (25 min each)
Producer and Host: Padma

www.padmameditation.com



PADMA YOGA: THE ELEMENTAL SERIES

Disc 1, Earth Episodes 1-5

"As seen on TV"

PADMA YOGA

THE ELEMENTAL SERIES

Disc 1
Earth Episodes 1-5

65P0 X 43P0 Deep with 3p0 Spine