
PADMA MEDITATION

PRESS RELEASE

For immediate release

media contact: Padma

E: padma@padmameditation.com

Internationally-renowned, Vancouver-based meditation and yoga expert, Padma, provides the perfect antidote for the stresses of our time – flu, recession, fall weather – in the form of two newly-released DVDs: *Earth* and *Water*. Produced to accompany her popular TV series, ‘PADMA YOGA: The Elemental Series’, aired across Canada on ONE channel, these DVDs offer more than classical yoga poses. Padma is distinguished in the yoga world for her in-depth and expert knowledge of Sanskrit scriptures, as well as her real-life application of advanced meditation techniques during her decade of study in the rural Himalayas. Both these qualifications shine through beautifully in ‘The Elemental Series’ as Padma includes discussions of Sanskrit words and chants, and provides guidance on meditation as well as yoga. Described as being ‘able to soothe the soul with a gentle touch of enlightenment’ by one viewer and a ‘lifeline’ and ‘just the best’ by others, Padma delivers a graceful, intelligent and soothing package of yoga and meditation. The DVDs make essential additions to a personal video library, and ideal gifts for family and friends dedicated to improving their health and well-being.

About the DVDs

Earth features the first five episodes of ‘PADMA YOGA: The Elemental Series’ aired across Canada on ONE Channel. This set of shows highlights the natural element of Earth, and the qualities of stability, balance, security and feeling solidly established on the ground. In addition to yoga poses, Padma uses her extensive knowledge of Sanskrit scriptures to explore words and chants. The special Sanskrit chant in this series is ‘Om Asato Ma Sat Gamaya’ meaning ‘May I be lead from the unreal to the real’. The Sanskrit words explored are yoga, ahinsa, sattwa, rajas and vipashyanti.

Water features episodes 6 to 10 of the same popular television series. This new product focuses on the natural element of water and the qualities of fluidity, flowing movement, and the ever-dynamic life force within us. Watch these episodes to enliven your vitality and brighten your mind. Water represents the subtle energy in us. These practices will refresh and invigorate your spirit and health. The Sanskrit words explored in this series are praana, kosha, saadhana, karuna, and sukh. The Sanskrit chant is Maitree Karuna Mudita Upaykshaanaam, meaning ‘To practice friendliness, compassion, happiness and equanimity to others will result in your own joy’.

About Padma

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. She is certified to teach Advanced Studies and Meditation by the International Meditation Institute of India. Padma is a unique woman educator specializing in a holistic,

supportive and feminine approach to mental, physical and spiritual wellness for intelligent individuals in an evolving society.

About Padma Meditation

Padma Meditation (PM) is owned and operated by its founder, Padma (Marla Stewart, B.Sc.). Established in 2000, PM offers high-quality, secular meditation skills in individual and group settings, as well as in-depth study of Sanskrit scriptures. Its mission is to help people to love life and have real joy, and to awaken an intuitive intelligence. PM wishes people to be beautiful, happy and wise. PM offers private classes, retreats and workshops, in person and online, as well as through media products.

In 2010 Padma will be launching the much-anticipated Padma Meditation Teaching Training Program – more details will be available in the New Year!

More information on all Padma's products can be found on her website: www.padmameditation.com and clips from her TV shows are featured on both her website and You Tube.