

yoga

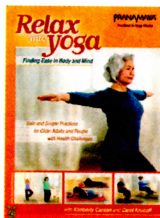
JOURNAL

accessible yoga

Relax into Yoga

Kimberly Carson and Carol Krucoff

Pranamaya



Based on the Yoga for Seniors teacher training program offered by Duke Integrative Medicine and Kripalu, *Relax into Yoga* offers a sedate approach that is appropriate for any senior practitioner, regardless of previous yoga experience.

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This DVD is composed of four sequences that grow progressively more challenging. The first is a 31-minute supine bed-based practice. Then the DVD progresses through seated and seated-and-standing combo practices and finishes with a 55-minute sequence that blends seated and standing poses.

Carson and Krucoff, both registered yoga therapists, include instruction for breath awareness and accessible asana-based movements that make expert use of a few basic props. Their instructions are clear and compassionate and are also well-suited to the target audience. *Relax into Yoga* is highly recommended for seniors or as a tool for teachers working with this population. RICHARD ROSEN