

BPL Staff Yoga

A list of videos that look good for the members of our BPL Staff Yoga class. Take a look and see if any appeal to you. There are a few links to DVDs you can order online, but most are DVDs you can borrow from BPL, or download electronically. Many are gentle/beginner. The title will give you a hint, and many have a description or reviews. If you try one, please send a quick review to Erin!

Created by BCAP

Yoga Studio App

<http://yogastudioapp.com/>

Nadya shared coupons from Starbucks. Deborah seconds the recommendation!

Yoga: Gentle Practice, By Landwijt

http://www.amazon.com/Yoga-Gentle-Practice-Zyrka-Landwijt/dp/B0012KK6QU/ref=sr_1_2?s=movies-tv&ie=UTF8&qid=1384890193&sr=1-2&keywords=gentle+yoga

Gentle Yoga for Every Body, by Etchells

http://www.amazon.com/gp/product/B004L49K2K/ref=ox_sc_act_title_1?ie=UTF8&psc=1&smid=ATVPDKIKX0DER

Strength, Grace, Healing, by Max Strom

http://www.amazon.com/Strength-Grace-Healing-Max-Strom/dp/B000E1XOIU/ref=sr_1_2?s=movies-tv&ie=UTF8&qid=1384890392&sr=1-2&keywords=Max%2C+yoga

A well-known teacher. 45- or 90-minute class. Also in-depth explanations if you want them. -Erin

Yoga for Beginners, by Bengah

http://www.amazon.com/Yoga-For-Beginners-Barbara-Benagh/dp/B000H8RVSO/ref=pd_bxgy_mov_text_y



Shiva Rea

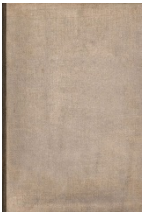
Yoga, Tribe and Culture ; Acacia Media ; director, producer, James Wwinner.

She seems to have a variety of videos, some that incorporate dance. -Erin

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Element.



Essential flow yoga for every body

Living room yoga.



AM & PM yoga for beginners
Element.