



Simply Yoga -- 30-minute DVD

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Simply Yoga DVD Yolando Pettinato Mind Body Spirit 12 Postures 30 Minute Routine. Yoga has been studied and practiced in the East for thousands of years. We in the West, coping with the stressful demands of modern life, have only recently discovered the restorative and peaceful benefits of this ancient art. While yoga releases strain and tiredness from the body, it also clears the mind, and restores energy levels. Half an hour of yoga each day brings greater enthusiasm and more balanced energy into our lives. It has the capacity to improve sleep, increase concentration, and deepen our levels of awareness and contentment. This is an exercise DVD with instructor Yolando Pettinato showing 12 dynamic postures in a 30-minute routine. All you need is a cushion and a blanket. Helps you cope with every day stress using your mind, body and spirit.

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