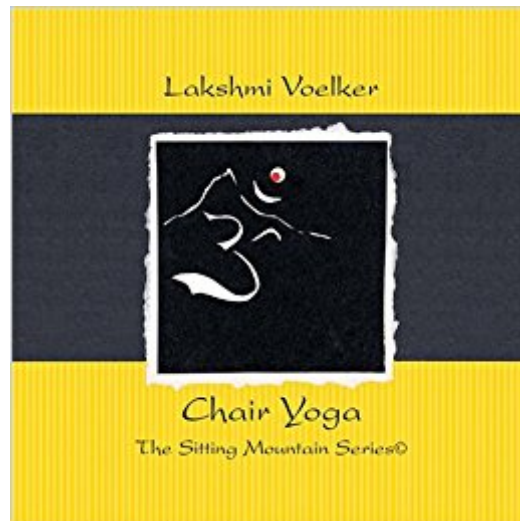




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Lakshmi Voelker Chair Yoga: The Sitting Mountain Series



Synopsis

This CD appeals to a wide audience - those who sit at desks or in airplanes, cars, or wheelchairs and want an afternoon "pick-me-up." Chair Yoga benefits those who have a physical condition that requires them to exercise on a chair such as arthritis, chronic obstructive pulmonary disease, multiple sclerosis, Parkinson's disease, osteoporosis, or stroke. It is also an excellent form of Yoga and exercise for those who just do not want to get down on the floor yet desire the same results and benefits of traditional Yoga. The Sitting Mountain Series has tremendous potential in the corporate setting. Chair Yoga can be used by those who are unable to get regular exercise away from the office. It provides a stress-free workout in the comfort of a worker's chair without leaving the office. Lakshmi Voelker's Chair Yoga provides an avenue for oxygenating the body and mind for increased productivity. As the body becomes more flexible and the mind more centered, the worker obtains energy boosts without such stimulants as caffeine, nicotine, and sugars. The CD contains one 30-minute and two 15-minute Yoga sessions. Lakshmi has provided over 35 years of Yoga therapy to 1000's of disciples. She gets rave reviews wherever she teaches.

Book Information

Audio CD

Publisher: Lakshmi Voelker (September 1, 2004)

Language: English

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Package Dimensions: 5 x 4.8 x 0.2 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,300,629 in Books (See Top 100 in Books) #116 in Books > Books on CD > Health, Mind & Body > Fitness #589 in Books > Books on CD > Health, Mind & Body > General #1884 in Books > Books on CD > General

Customer Reviews

...this is a competently instructed, well-organized and accessible program suitable for all levels of students. -- Contributing editor Richard Rosen, Yoga Journal, March/April 2000 A great pick-me-up for my afternoon slump. Better than coffee or sugar. -- Assistant Manager, Disney Studio The techniques that Lakshmi teaches arthritis patients are very valuable in reducing pain and increasing function. --Maria Greenwald, MD FACR

Lakshmi Voelker Chair Yoga was a very focused endeavour for Lakshmi Voelker Enterprises. We were very pleased with its outcome. We feel the sound and the presentation on the audio tape has been superbly orchestrated. The content in the tutorial book is of the highest quality. The illustrations are true to life and form. Each one is detailed and hand created from photographs of the author! The piano and flute music that accompany the instructions in the audio tape is a perfect blend of serenity and activity. --This text refers to an out of print or unavailable edition of this title.

I use this for my recreation groups at the hospital and I almost always get positive feedback. It is easy to follow and not hard to do. Great to work with when working with the geri population! Love it!

This tape is quite lovely to listen to and really helps to put you into a relaxed state for yoga. However I didn't realize it was audio not video! Although a nice, small book with sketches of the poses accompanies the tape, I found that for me this was not really useful; I am disabled and find a video tape more helpful. I do use it in conjunction with other tapes which are video.

It's alright but I would not buy it again. It is strictly a talking Cd and the instructor talks so fast it gets frustrating.

exploring new yoga and this was just what I wanted.

A great CD! The instructions are clearly stated and Lakshmi has a way of uplifting your spirits. I've enjoyed using the CD in my own practice from time to time, and work sections from the CD into my weekly chair yoga classes. I've been teaching chair yoga for 6 years now, and my students enjoy doing segments of Lakshmi's Sitting Mtn Series a lot. In my opinion, it's one of the Best CD's offered. I've viewed several others from time to time, and they can't come close to Lakshmi's Sitting Mountain Series.

This presentation of do-able yoga is presented as two items: a cassette and a tutorial book the size of the accompanying cassette. It's handy size makes it portable and useful anywhere. The two blend beautifully with the book itself wonderfully helpful. The drawings are excellent. The audio instructions very, very clear. The quality is outstanding and a must for ANYONE interested in the many benefits of yoga without having to be on the floor. It is also for those who sit at a desk for long

periods of time, for those perhaps interested in ways to relieve stress by stretching and breathing during a busy day, for those physically unable to practice a more traditional method. Lakshmi has created a package that is worthy of heightened attention by anyone newly intrigued by yoga or by folks, like myself, who have practiced yoga for a number of years. Thank you for this gift, Lakshmi!

In my experience and opinion, the tone, languaging and pacing of the CD is not aligned with Kripalu methodology or culture. To me, I got the unfortunate image of Ms. Voelker wearing a black leather leotard and practically barking orders as if speaking to juvenile delinquents, not aging baby boomer folks or those with chronic health conditions in need of a therapeutic relationship with their mind, body, heart and soul. (She says things about peace and love, but I hear rigidity and austerity.) There is no mention of 'breathe, relax, feel, observe and allow'. I feel that her pacing of the instructions are contraindicated to relaxation, digestion or assimilation of the proposed exercises and their benefits. As a Kripalu Yoga Teacher, I would not share this CD with any of my students or wish to be considered in alliance with Ms. Voelker's particular style of teaching.

I have Multiple Sclerosis and one of the side effects is stiffness of my muscles. This chair yoga routine is perfect for me. I do it every day in the morning outside in the sun (getting my Vitamin D) and later again toward the evening. The disk and illustrations are beautifully organized and wonderful to follow. This has helped me immensely and I highly recommend it.

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