

## Some of the Lesser Known Yoga Videos

With more than 100 yoga videos on the market, you can imagine the diversity among them - everything from nude yoga to postnatal yoga.

### Healing Yoga for Common Conditions

This video promises to improve circulation, promote weight loss and manage the symptoms of diabetes and high cholesterol. Without a medical study it's hard to say if it can really deliver, but the hosts, Lisa and Charles Matkin, come with good credentials.

They have taught therapeutic yoga programs at Beth Israel Hospital in New York and New York Presbyterian Medical Center, working with physicians in using yoga to help people with chronic injuries and illnesses.

The 35-minute video is designed to help you increase your metabolism, according to the Matkins. The couple begin the workout with Lisa demonstrating the moves next to a pool with an ocean in the background while Charles does the voice-over, then they switch, then switch again. Both have soothing voices and good form.

The workout is divided into three sections. The first deals with learning to control your breath. It's a pretty basic segment, teaching you breathing techniques and stretching out the body.

The second is for strength, and involves poses that are a bit more difficult, such as the warrior and downward-facing dog poses.

In the third section, you work on releasing tension and relaxation.

This is a good video for all fitness levels. The moves are explained well, as are the benefits and purposes of yoga. None of the poses is very difficult, and the instructors give you modifications to make the moves easier.

### Power Strength Yoga for Beginners

Though the title says for beginners, don't believe a word of it. This video takes you through a vigorous set of poses collectively called the Sun Salutation (which you learn in another video, Power Yoga Stamina for Beginners).

Then, with the mountains of Maui as a backdrop, instructor Rodney Yee takes you through a series of very difficult poses including the pendulum, where you balance your entire body off the floor with the strength of your arms, and others that require a good deal of upper-body strength.

The workout takes only 20 minutes, but you work hard in those 20 minutes. It's the only yoga video of those reviewed here in which your heart rate gets close to an aerobic rate.

Yee has a great, soothing voice and perfect form, but he never really offers an explanation of the poses or an easier way to do them. Nor does he offer any help in how to build up to them. That said, if you have the upper-body strength, this is an amazing - and fast - way to get in a strength workout without having to go to the gym.