

RICHARD'S TOP 15 VIDEO/DVD RECOMMENDATIONS FOR 2008

Greetings: I just finished my last video review in 2008 for Yoga Journal. I've been on the job now since 1991, and in 18 years I've reviewed 246 yoga videos (and watched but passed on at least half again as many). As you might expect I'm asked all the time for video recommendations. I thought since we're getting to the gift buying time of the year, Piedmont Yoga students might like to purchase a yoga video for that favorite yogin or yogini on their Christman/Hannukah list. Here's a totally subjective list of the best 15 videos I've seen in my time at YJ. Please note that four names are missing that should be included: Patricia Walden, whose first beginner's video is, as far as I can tell, no longer available; and three PYS teachers, Ann Dyer, Baxter Bell, and Rodney Yee, who are friends of mine and were left off the list to avoid accusations of favoritism (but you should buy their videos anyway). I should also admit that I'm acquainted with several of the teachers on this list, and have a soft spot in my heart for Angela and Victor, Tias Little, Sarah Powers, and Mary Paffard. And oh! I almost forgot. You might consider the 2005 5-video package of BKS Iyengar's event at the Yoga Journal convention in Estes Park, CO, for that SPECIAL yoga person on your list, available from---who else---Yoga Journal.

TOP 15 YOGA VIDEOS/DVDs: 1991-2008

YEAR

AVAILABLE FROM

TOP 15 YOGA VIDEOS/DVDs: 1991-2008		YEAR	AVAILABLE FROM
Erich Schiffmann	YOGA MIND AND BODY	1994	MovingIntoStillness.com
Richard Freeman	YOGA	1997	YogaWorkshop.com
Angela Farmer	FEMININE UNFOLDING	1999	Angela-Victor.com
Judi Rice	YOGA FOR INFLEXIBLE PEOPLE	2002	BodyWisdomMedia.com
Gabriella Giuilario	IYENGAR YOGA	2003	YogaWisdom.com
Tias Little	RIVER FLOW	2005	TiasLittle.com
Andre Lappa	UNIVERSAL THEORY OF YOGA	2005	PranaMaya.com
Sarah Powers	INSIGHT YOGA	2005	PranaMaya.com
Angela Farmer	INNER BODY FLOW	2005	Angela-Victor.com
Duncan Wong	YOGIC ARTS	2006	YogicArts.com
Shandor Remete	SHADOW YOGA	2006	ShadowYoga.com
Mary Paffard	EXPANDED SUN SALUTE	2006	MaryYoga.com
Edward Clark	TRIPSICHORE YOGA	2006	PranaMaya.com
Barbara Benagh	YOGA FOR BEGINNERS	2007	BodyWisdomMedia.com
Peter Sterios	GRAVITY & GRACE	2007	Manduka.com