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Yogi Marlon Braccia

PROGRAM LIBRARY

Titles

Yoga for Absolute Beginners I

Yoga for Absolute Beginners II

Learn Yoga Breathing: Ujjayi
Pranayama with Yogi Marlon

Strengthening Titles

Notes

Just like taking your very first class. Learn the most basic postures (asanas) and breathing (ujjayi pranayama) from the expert Yogi Marlon Braccia. Her careful and specific instruction Fitnesssteaches you all the elements of a proper foundation for yoga practice, and the reasons for doing it. Follow-along with the practice, and you will be doing authentic basics of yoga within 10 minutes!

As a continuation of Beginner Series I, review and learn more challenging basics of Hatha FitnessYoga, integrating asanas (postures) and ujjayi pranayama (breathing). Sequences build on what was learned in Beginner Practice I.

Learn how to breath fully and correctly to maximize the effect of every other yoga technique. Rarely taught in full detail, Yogi Marlon's method will have you breathing like an expert in minutes. Remember: If you're not doing ujjayi pranayama , it's not yoga, it's just exercise.

Arm Strength II with Yogi Marlon

Build more upper body strength and muscle mass with part 2 of this series. More challenging postures continue to build the arms, shoulders and upper chest, while toning the ribs and pectorals. This practice builds attitudes of confidence and availability.

Yogi Marlon's Strengthening Yoga I

Utilize postures that build strength and muscle mass without the loss of flexibility. Good for those just getting back in shape, or those wanting to move to the next plateau of fitness.

Yogi Marlon's Strengthening Yoga II

As the follow-up to Strengthening Practice I, this video demonstrates a physically demanding practice by holding challenging postures and using your own body as a weight. Intermediate/Advanced Level. Prior yoga experience strongly recommended.

Basic Flexibility with Yogi Marlon

Utilize yoga's unique combination of postures and deep ujjayi breathing to create ease of movement throughout the body. Release bodily tensions promoting elongation of the muscles and fluidity of movement, as you ease emotional tensions breathing mental relaxation. Beginner level.

Release Your Hamstrings with Yogi Marlon

Ease the tightness behind the legs with this highly focused yoga practice that teaches you the postures and breathe that is essential to hamstring flexibility. This practice will also ease the unexpressed anger and mental frustrations that are particularly housed there, creating peace of mind. Tennis players improve your game. An essential practice for runners.

Ask Yogi Marlon Abdominal Series

Fab Abs Inside and Out with
Yogi Marlon I

Part 1 of 3. Strengthen and tone the abdominal muscles and the organs beneath them for health, beauty and longevity. Strong twists increase blood flow for detoxification. Great therapy for all organ oriented diseases that stem from the liver, kidneys, pancreas and intestines. Advance at your own pace with this 3-part series. This is a powerful series. Please consult your physician first and follow directions carefully.

Fab Abs Inside and Out with
Yogi Marlon II

Part 2 of 3. Strengthen and tone the abdominal muscles and the organs beneath them for health, beauty and longevity. Strong twists increase blood flow for detoxification. Great therapy for all organ oriented diseases that stem from the liver, kidneys, pancreas and intestines. Advance at your own pace with this 3-part series. This is a powerful series. Please consult your physician first and follow directions carefully.

Yogi Marlon's Abdominal
Powerhouse Yoga III

Part 3 of 3. Strengthen and tone the abdominal muscles and the organs beneath them for health, beauty and longevity. Strong twists increase blood flow for detoxification. Great therapy for all organ oriented diseases that stem from the liver, kidneys, pancreas and intestines. Advance at your own pace with this 3-part series. This is a powerful series. Please consult your physician first and follow directions carefully.

New 2007 Digital Title
Yogi Marlon's Back Therapy
Series

Erase even chronic back pain with easy-to-follow postures and breathing in part one. You really can, even if you have had back pain for years! Go on to create the muscular structure that helps prevent the recurrence of back trouble in part two of this series: Strengthen Your Back. Consult your doctor first and follow instructions carefully.

Erase Back Pain with Yogi
Marlon

Develop the muscular structure that holds your vertebrae and discs in proper alignment so you are free of back pain every day. If you are currently experiencing back pain, start with part 1 of the series, "Relax Your Back."

Strengthen Your Back with
Yogi Marlon

Viloma pranayama can create a sense of manageability in life. By segmenting the breathe into parts, you can create the mental patterning that teaches us how to deal with life, one piece at a time, as opposed to being overwhelmed. Additionally, this video features

Super Strong Back with Yogi
Marlon

a strong back sequence. This video stands alone for experienced practitioners, and as a continuation to the Relax/Strengthen the Back Series.

Yogi Marlon's Inversion
Postures for Eye Strength

Yoga's more subtle abilities to create muscular strength and optimal health are demonstrated here in this practice that focuses on creating better vision. This eye strengthening practice is inspired by the text of famous teacher B.K.S. Iyengar and follows his documented specifications. Please consult your physician. Doctors recommend "weight bearing exercise" for their patients who have been diagnosed with osteoporosis, or bone deterioration. In this yoga intermediate level practice you learn how to use your body as a weight, eliminating the need for gymnasium equipment or weights. It's a totally portable practice that is easy to follow and effective. Check with your doctor first. Beginner I and II videos are strongly recommended as prerequisites, unless you already have a strong yoga practice.

Yogi Marlon's Osteoporosis
Prevention with Weight Bearing
Postures

Learn to chant the Gayatri Mantra, one of the world's oldest known prayers with Yogi Marlon Only in its original Sanskrit language. Only when the original Sanskrit language is used as it is here, is the full power of the mantra accessed.

Learn to Chant the Gayatri
Mantra with Yogi Marlon

Every known scripture references "the Word". The very most primary of those words is the Sanskrit word "Om". Learn how to pronounce it properly, combine it with pranayama (breathing technique) and integrate it into a yoga practice that maximizes its utterly unique and powerful vibrational effect. This practice really adds a unique dimension to the yoga you are already doing!

Integrating the Power of Om

Learn to chant devotional Sanskrit verses with Yogi Marlon Braccia and renowned chanting artist and musician, Krishna Das. Verses slowly speed up, given in a call and response fashion, so you memorize them. Then building to a fast paced crescendo, you will be blissfully chanting in minutes. Just like being at a live kirtan!

Bhakti Yoga: Devotional
Chanting with Yogi Marlon and
Krishna Das

Cultivating Spiritual Energy with Yoga

Learn how to integrate the ancient Vedic principles of the three gunas, transforming any yoga practice you do, into one that is uniquely balanced for you. By following this guided practice, you become aware of how you may be ingraining negative patterns through your current yoga practice. Learn how to adapt that practice into one that moves you through your karma more swiftly. It can be a real turning point in your practice. Beginner I and II videos are strongly recommended as prerequisites, unless you already have yoga practice.

Yoga for Couch Potatoes Series (Yoga for Obese People)

Note to Distributor: Files in the Overweight and Obese section have multiple clips on one download. All blue and purple coded titles have been shot in High definition

Yogi Marlon's Couch Yoga for Obese People

Yogi Marlon meets with her student Diannah to discuss what yoga can offer the obese student. Then Yogi Marlon teaches Diannah easy yoga moves right on the couch. Focus is on simple, doable movements even a 350 lb+ student can do, yoga breathing. The yoga's basic philosophy, the science of ayurveda and history of yoga are briefly explained.

Yogi Marlon's Yoga for Big Beauties

First overweight students with varying profiles and aspirations meet with Yogi Marlon to discuss what they desire from yoga. Then Yogi Marlon teaches each individual student a few targeted postures and breathing techniques one on one, so you at home can learn the details of each pose or breathing technique. Next all of these same postures are taught in the next sequence by Yogi Marlon, as the group of students tries their best in a classroom setting. See our other title, Yogi Marlon and You, as the master yogi performs the same sequence of postures in flowing succession for you to easily

do at home.

Yogi Marlon and You

Yogi Marlon offers a flowing sequence of postures in a beautiful California garden setting, for the novice or overweight student. Here the master has strung together the the poses taught in Big Beauties in one smooth practice you can easily follow along and do at home.

Yoga Bloopers

Laugh along with the cast and crew, as they flub, trip and crack up on the set of Yoga for Couch Potatoes with Yogi Marlon.

May be available in the future

TBA

Beach Shaper I

Beach Shaper II

Yogi Marlon's Yoga for
Stressed Out Executives
Arm Strength I with Yogi
Marlon

Abdominal Strengtheners with
Purifying Kriya

As we mature the abdomen is usually the most challenging part of the body to keep toned and strengthened. Learn to spot train this area with this balanced yoga, utilizing postures that will not stress the lower back. Also learn detoxifying technique of Agni Sara, to cleanse, to further tone and to promote better functioning of the lower organs.

Yogi Marlon's Healthy Lifestyle
Tips

Yogi Marlon goes over a host of everyday cleaning and personal hygiene products that could be sapping your energy and stealing your dollars. She offers safe, natural alternatives that will also save you money. From laundry room to refrigerator and bathroom, Yogi Marlon makes it easy to live more healthily without the damage of harmful toxins you don't even suspect.

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