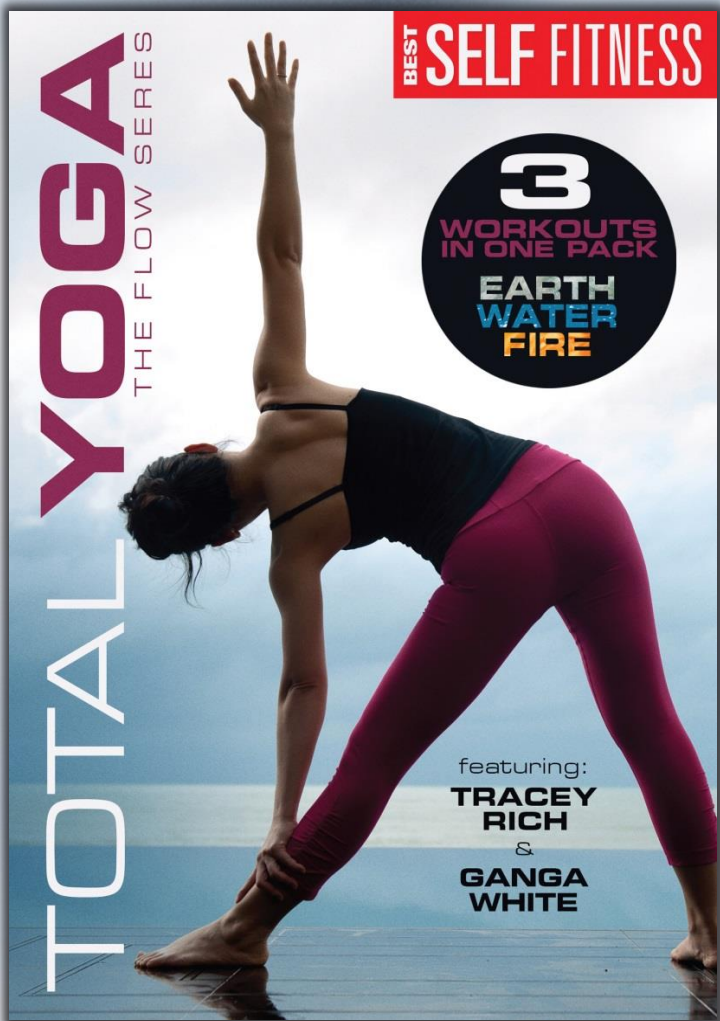


TOTAL YOGA-3 PACK-FLOW SERIES (EARTH, FIRE & WATER)

Gentle, Restorative, Recharging



Total Yoga-3 Pack-Flow Series (Earth, Fire & Water) UPC: 683904510792

ITEM NUMBER	GENRE	RATING	RUNTIME	# of DISCS
MV51079	Fitness	Not Rated	3 hrs, 5 min	1
COLOR	ASPECT RATIO	LANGUAGE	AUDIO	CASE
Color	4:3	English	2.0	14 mm
PRODUCT SIZE	PRODUCT WEIGHT	CARTON SIZE	CARTON CT.	CARTON WEIGHT
7.5x5.25x.625	3.5 oz	17.75x7.625x 5.625	30	7 lbs

Millions have discovered the powerful benefits of yoga, bringing body, mind and spirit into harmony. *The Flow Series* is a collection of yoga practices dedicated to promoting good health and spiritual well-being.

Earth is the first session and is a wonderful introduction for beginners or an excellent alternative practice for all levels.

Water, is a balanced intermediate practice of over twenty poses, suitable for all levels.

Fire, the most advanced session, combines both classical and contemporary postures in a rigorous workout with a higher level of refinement, toning and aerobic activity.

- The Flow Series was created to complement the best-selling *Total Yoga*
- Compelling and dynamic yoga workouts designed to aid students' levels of expertise
- Clear, easy-to-follow instructions help you experience the many benefits of yoga
- Tracey Rich and Ganga White run the White Lotus Foundation, dedicated to the development of the total human being and nationally known Center for Yoga, founded in 1967.

Comparative Titles:	Nielsen Videoscanner LDT Unit Sales			
	Publisher	Released	MSRP	Units
Total Yoga	Gaiam	11/01/94	9.98	257,225
Yoga For Beginners	Gaiam	9/17/02	14.98	507,287



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