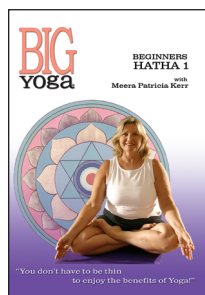


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Big Yoga: Beginners Hatha 1

Meera Patricia Kerr

\$24.95 one DVD, 58 minutes, Big Yoga, 269/227-3108, www.bigyogaonline.com

“You don’t have to be thin to enjoy the benefits of yoga,” asserts instructor Meera Patricia Kerr in *Big Yoga: Beginners Hatha 1*. Focusing on the benefits of flexibility, peacefulness, and increased health in body and mind, her adapted poses are targeted to make yoga accessible to plus-size enthusiasts and those with mobility issues.

Kerr notes that many people of larger size begin to disassociate from their bodies, and hatha yoga is a loving way to keep the body and mind connected. Watching an earnest, plus-sized teacher is refreshing for those of us weary of the thin, spandex-clad instructors usually featured in exercise videos.

Kerr’s unpretentious air and quirky style mixes contemporary Western vernacular with ancient Eastern wisdom. “Make a mental sticky note to remember this peaceful feeling,” she says. “Imagine someone pulling on your big toe.”

Drawing from her studies with her guru, Swami Satchidananda, and years as a yoga instructor, Kerr’s session includes basic asana (poses), chanting, relaxation, and pranayama (breathing). Soothing music and a simple, uncluttered set creates a serene environment.

Throughout the DVD, Kerr’s voice is both warm and authoritative. By keeping it real, *Big Yoga* will be a big hit with many of your customers. — Constance Mears