

## Two new DVDs from Gary Kraftsow: *Viniyoga Therapy for Anxiety* *Viniyoga Therapy for Depression*

*“Gary Kraftsow is one of the most highly respected contemporary teachers of Viniyoga...”*  
— **Scott Gerson, M.D., Ph.D.**, The National Institute of Ayurvedic Medicine

*“Gary Kraftsow does a tremendous service to the field of mental health by offering practical techniques to manage anxiety and depression, moving beyond symptom reduction and tap the full potential of the mind.”* — **Toni Lynn Pusateri, MD**, UC Irvine Dept. of Psychiatry

Pranamaya, Inc. is pleased to announce the release of *Viniyoga Therapy for Anxiety*, and *Viniyoga Therapy for Depression*, the newest volumes in the popular Viniyoga Therapy DVD series created in collaboration with Gary Kraftsow, one of America’s most respected yoga teachers and yoga therapists. Distilled from nearly 40 years of experience with one-on-one client care, this series presents Gary’s acclaimed Viniyoga techniques of breath-adapted movements in yoga postures, pranayama, meditation and the ancient practice of chanting to alleviate conditions of anxiety and depression.

### **Viniyoga Therapy™ and the Nine Cities Model**

The Nine Cities model is Gary’s extrapolation and synthesis of teachings implicit in Eastern and Western models of the human system, and provides the foundation for the therapeutic practices in this DVD series. Viniyoga therapy recognizes that human experience plays out on a vast multidimensional field characterized by continual change. These dimensions—thought, mood, behavior, the body’s physiology and anatomy, our family, society, physical environment, and the surrounding cosmos—can be thought of as nine “cities” or spheres of existence that overlap and interpenetrate one another. Viniyoga therapy offers the means to develop the physical energy, mental clarity, emotional stability, and determination to respond to the variable conditions in each of these domains in the most appropriate and effective way.

### **Accessible, Efficient and Effective Practices**

Gary’s approach on these DVDs combines specific yogic methods in an integrated way to address anxiety and depression in each of the physiological, cognitive, emotional and behavioral domains, providing the possibility of lasting healing and self-transformation for the sincere practitioner.

Each DVD features two main sections: the **Lectures** section, where Gary discusses the major symptoms of anxiety and depression and the therapeutic methods adapted to alleviate them; and the **Practices** section, which features two practices unique to each DVD. Practice #1 is designed to **create physiological balance**, whether starting from a state of ANS (Autonomic Nervous System) sympathetic arousal, as in the case of anxiety, or ANS sympathetic suppression, as in the case of depression. Practice #2 on each DVD invites the practitioner to experience directly their ability to **shift their mood and alter their self-concept**.

Practice #2 on each DVD also features the use of ‘mantra japa’ or chanting, which is one of the most profound methods of the yoga tradition for physiological and psycho-emotional transformation. The meaning of these Sanskrit mantras are simple and universal, reminding us that our true nature is not defined by our momentary thoughts, feelings and circumstances.

**Highlights from the Viniyoga Therapy for Anxiety DVD include:**

- Lectures on Yoga therapy for the treatment of anxiety (60 minutes)
- Therapeutic practice #1: Physiological Rebalancing (45 minutes)
- Therapeutic practice #2: Shifting Mood and Self-Concept (54 minutes)

**Highlights from the Viniyoga Therapy for Depression DVD include:**

- Lectures on Yoga therapy for the treatment of depression (60 minutes)
- Therapeutic practice #1: Physiological Rebalancing (51 minutes)
- Therapeutic practice #2: Shifting Mood and Self-Concept (38 minutes)

**Special Features for both DVDs include:**

- English subtitle option for all material
- Bonus audio MP3 files for portable practice

<b>Buyer's Guide</b>	<b>Audience:</b> <b>Style:</b> <b>Intensity:</b> <b>Props:</b>	No Yoga experience necessary Movement with breath; chanting and relaxation Gentle physical exercises and breath work Yoga mat, blanket, cushion/chair for meditation
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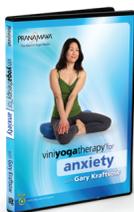
**About Gary Kraftsow**

Gary Kraftsow, MA has been a pioneer in the transmission of yoga for health, healing and personal transformation for 30 years. He began his study of yoga in India with T.K.V. Desikachar in 1974 and received a Viniyoga Special Diploma from Viniyoga International in Paris, France in the mid 80's.

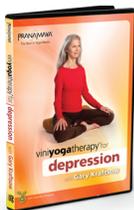
Gary graduated with a BA, Magna Cum Laude, from Colgate University in 1976, and received his Masters Degree in Psychology and Religion from the University of California at Santa Barbara in 1983. He spent many years in private yoga therapy practice, teaching workshops and training teachers. Since then, he has become a renowned speaker and teacher of the Viniyoga methodology at many conferences and schools nationally and internationally. In 1999 he founded American Viniyoga Institute.

Gary has successfully developed protocol for two National Institute of Health studies: "Evaluating Yoga for Chronic Low Back Pain" and "Yoga Therapy for Generalized Anxiety." He is the Founder, Director and Senior Teacher of American Viniyoga™ Institute's Teacher and Therapist Trainings, and the author of two books published by Peguin: *Yoga for Wellness* and *Yoga for Transformation*.

Gary is also featured in the highly acclaimed first volumes of the Viniyoga Therapy DVD series: *Viniyoga Therapy for the Low Back, Sacrum and Hips* and *Viniyoga Therapy for the Upper Back, Neck and Shoulders*, both from Pranamaya, Inc.



**Viniyoga Therapy for Anxiety with Gary Kraftsow**  
 A Pranamaya release • Release Date: July 17th, 2011  
 Running time: 170 minutes • 1 NTSC DVD - All Regions  
 UPC: 692041104542 • ISBN-13: 978-1-934430-08-8  
 MSRP: \$24.95 USD



**Viniyoga Therapy for Depression with Gary Kraftsow**  
 A Pranamaya release • Release Date: July 17th, 2011  
 Running time: 158 minutes • 1 NTSC DVD - All Regions  
 UPC: 692041104559 • ISBN-13: 978-1-934430-09-5  
 MSRP: \$24.95 USD

Retail and Wholesale purchase information:  
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