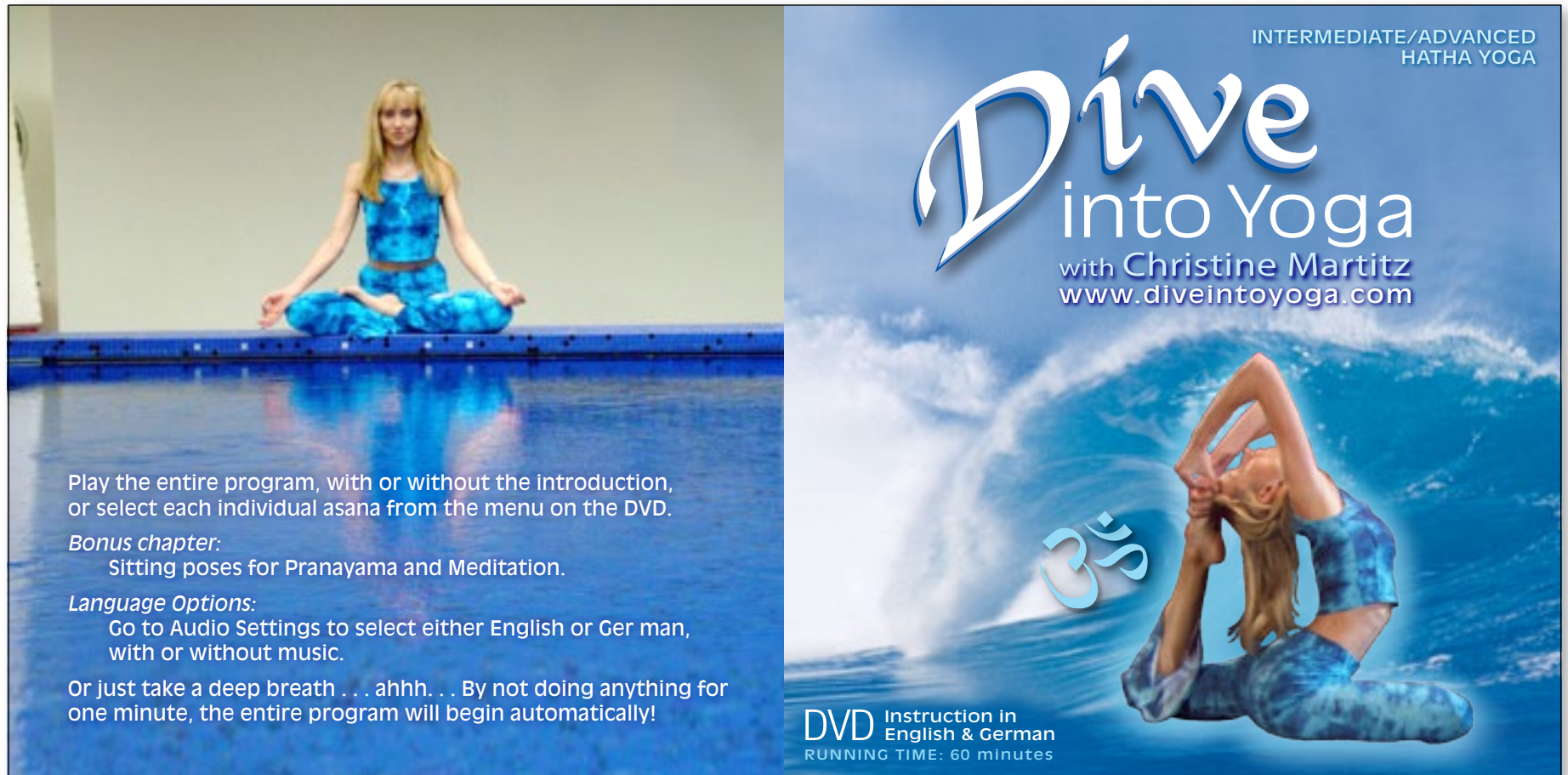


# DVD package design



CD Jewel Case - 4 page booklet

[www.diveintoyoga.com](http://www.diveintoyoga.com)

# DVD package design

## Glossary of Sanskrit Terms - in order of appearance on DVD Menu

**Kapalabhati** (KAH-pah-lah-BAH-tee) – *Cleansing Breath Pose*

**Surya Namaskar** (SOOR-yah nah-mahs-KAH-rah) – *Sun Salutation*

**Savasana** (shah-VAHS-anna) – *Relaxation Pose*

**Sarvangasana** (sar-van-GAHS-anna) – *Shoulder Stand*

**Halasana** (hah-LAHS-anna) – *Plow Pose with Variations*

**Sethubandasana** (SET-too BAHN-dahs-anna) – *Bridge Pose with Variations*

**Matsyasana** (mot-see-AHS-anna) – *Fish Pose*

**Chakrasana** (cha-KRAHS-anna) – *Wheel Pose*

**Baddha Konasana** (BAH-dah cone-AHS-anna) – *Bound Angle Pose*

**Utthita Kurmasana** (oo-TEE-tah koohr-MAHS-anna) – *Balancing Tortoise Pose*

**Upavistha Konasana** (oo-puh-VEESH-tah cone-AHS-anna) – *Wide-Angle Seated Forward Bend with Variations*

**Baddha Padmasana** (BAH-dah koh-NAHS-anna) – *Full Bound Lotus Pose*

**Paschimotasana** (POSH-chee-moh-tan-AHS-anna) – *Head-to-Knee Pose*

**Janushirasana** (JAH-noo shear-SHAHS-anna) – *Series of Head-to-Knee Poses*

**Purvottanasana** (PUR-voh-tun-AHS-anna) – *Inclined Plane Pose*

**Ustrasana** (oosh-TRAHS-anna) – *Camel Pose*

**Purna Supta Vajrasana** (poor-NAH soup-TAH vah-JRAHS-anna) – *Diamond Pose*

**Mayursana** (my-your-AHS-anna) – *Peacock Pose*

**Bhujangasana** (boo-jang-GAHS-anna) – *Cobra Pose*

**Salabhasana** (sha-la-BAHS-anna) – *Locust Pose*

**Dhanurasana** (don-your-AHS-anna) – *Bow Pose*

**Supta Virasana** (soup-tah veer-AHS-anna) – *Reclining Hero Pose*

**Matsyendrasana** (MOT-see-en-DRAHS-anna) – *Half Spinal Twist*

**Gomukhasana** (go-moo-KAHS-anna) – *Cow Face Pose*

**Balasana** (bah-LAHS-anna) – *Child's Pose*

**Sirsasana** (shear-SHAHS-anna) – *Headstand with Variations*

**Vrksasana** (vrik-SHAHS-anna) – *Tree Pose*

**Trikonasana** (trik-cone-AHS-anna) – *Triangle Pose*

**Sirsha Angustha Yogasana** (shear-SHAH on-GOOSH-tah yo-GAHS-anna) – *Deep Lunge*

**Savasana** (shah-VAHS-anna) – *Final Relaxation*

CD Jewel Case - 4 page booklet

[www.diveintoyoga.com](http://www.diveintoyoga.com)

# DVD package design

Christine Martitz

**Yoga** is a system of exercises for physical and spiritual nourishment that requires self-discipline: To get the maximum benefits from yoga, one has to practice regularly. There are innumerable poses in yoga. Christine shows you some of them on this DVD.

**Christine Martitz** has instructed yoga throughout Europe, Asia, South and North America. She is currently teaching in New York City, where she resides and conducts classes for all levels and ages in English, German and Spanish.

Christine's classes are animated and challenging classes, combining proper breathing exercises (pranayama), yoga postures (asanas), relaxation (savasana) and meditation techniques.

As an athlete, she has competed in three New York City Marathons.

This DVD features:

- ☪ menu of 26 yoga postures.
- ☪ breathing exercises with beginning and ending relaxation.
- ☪ bonus video of sitting poses.
- ☪ glossary of Sanskrit terms with English translations.

Dive into Yoga



DVD running time:  
60 minutes  
© 2009



produced by  
TODAY VIDEO INC.  
[www.todayvideo.com](http://www.todayvideo.com)

cover design: Holly Whitstock Seeger



ISBN 978-1-4276-3256-2



CD Jewel Case - tray card / exterior

[www.diveintoyoga.com](http://www.diveintoyoga.com)

# DVD package design



CD Jewel Case - tray card / interior

[www.diveintoyoga.com](http://www.diveintoyoga.com)

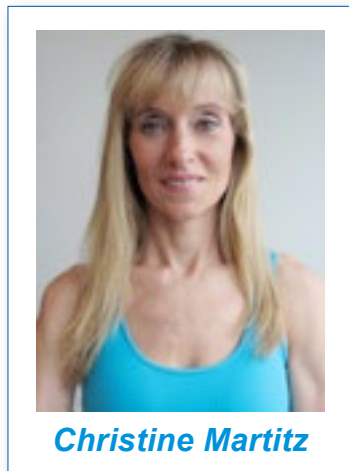
# DVD package design



CD Jewel Case - disc face

[www.diveintoyoga.com](http://www.diveintoyoga.com)

# DVD production



***Dive Into Yoga*** is a comprehensive 60-minute Yoga DVD hosted by professional yoga instructor, **Christine Martitz**, a long-time practitioner for over thirty years. The DVD is comprised of 26 traditional yoga postures, as well as a bonus chapter highlighting sitting postures and a glossary of Sanskrit terms with English translations.

Elegantly crafted by three-time Emmy Award winner, **David Seeger** of TODAY VIDEO, ***Dive into Yoga*** displays Christine's graceful mastery of the practice of Yoga, engaging viewers and absorbing them into the postures so as to bring on personal change in body and mind.

***Dive into Yoga*** features a special introduction by **Helen Gurley Brown**, Editor-in-Chief of COSMOPOLITAN INTERNATIONAL, who was a devoted student of Christine's for many years, until her recent passing in August 2012.

**Christine Martitz** currently provides both private and group instruction throughout Europe, Asia, South and North America and has done so for the past fifteen years. Her classes are conducted in English, German and Spanish, depending on location and the nationalities of her students. With her exceptional expertise, Christine provides guidance for both the beginner and the experienced yoga practitioner through a series of exercises designed to promote physical and spiritual well-being.

***Dive into Yoga*** begins with *pranayama* (breathing exercises), opening with three rounds of *kapalabhati*, followed by *Sun Salutations*, moving quickly through three full rounds, performed on both sides. In the final round, she adds the *Pigeon Pose*, showing an optional modification with a block, the *Runner's Stretch*, the *Crescent Moon Pose*, the *Three-legged Dog Pose* and a *Twisting High Lunge*, with an optional bind on the second side. Sanskrit references throughout, the DVD covers 26 *asanas* (yoga postures) in all, as well as *savasana* (relaxation pose) and ends with meditation.

Additional DVD features include a choice of English or German as the instructional language and the option of instruction with or without music (see DVD menu). One may also choose to play the entire DVD or to select segments of it.

Transform yourself with ***Dive into Yoga!*** Studies have shown that it is possible to control one's cholesterol level, reduce weight, normalize blood pressure and improve cardiac performance. ***Dive into Yoga*** is the ideal way to begin your yoga routine or broaden your horizons if you are already a practitioner.

***Dive into Yoga!*** *Renew yourself in body and mind and travel on a yoga vacation in the comfort of your own home through the inspiration and motivation of Christine Martitz!*



DVD produced by:



check it out:

[http://diveintoyoga.com/diveintoyoga.com/Dive\\_into\\_Yoga\\_DVD.html](http://diveintoyoga.com/diveintoyoga.com/Dive_into_Yoga_DVD.html)

visit Christine Martitz' website for more info:

[www.diveintoyoga.com](http://www.diveintoyoga.com)