



yGuide with Ashtanga Yoga and Great Yoga Poses I

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Developing your own personal practice can be a difficult task requiring discipline, confidence, and time. To the rescue comes *yGuide*, the creation of software specialist and yoga devotee Leslie Ottavi, and teachers Laura Armenta and Amy Naff, who draw on their understanding of many yoga styles and reveal a meticulous knowledge of *asana*.

yGuide is a thoughtful and user-friendly PC program (other versions available) designed to help yogis plan and customize practice sessions, track progress, compose study guides, and help sustain practice while traveling. *yGuide* has detailed information on each *asana* presented including clear step-by-step instructions and thorough descriptions of technique.

How it works: first you select a class from a group of pre-designed templates. Some of the many choices include a 30-minute *Ashtanga* series, a restorative session and a knee and hip class. You then modify the template by adding or deleting *asanas* or choosing variations suitable to your level of expertise. You can log your each class into a journal, print a copy as a study guide, or run moving images of the *asanas* as a “slide show”.

If you are a computer savvy yogi, *yGuide* can help structure, personalize and provide insight into your practice. As with any personal practice regime, using the program to full advantage will still take discipline, dedication and time.

CD \$34.95, Download \$29.95. Other variations of the software are available. Visit www.yoga-software.com.

by Amanda Ackerman