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**CHAKRA PRODUCTIONS, LLC**

**FOR IMMEDIATE RELEASE:**

## **yGuide Yoga introduces exciting new product line.**

Our creative new product line incorporates Great Yoga Poses II, expanding yoga practice opportunities for yoga studios, teachers and students around the world with more poses and more beautiful photographs.

The Great Yoga Poses II collection includes 94 poses and over 750 pictures from multiple yoga styles, extending the sequencing possibilities of our Great Yoga Poses I and Ashtanga Yoga software products. The poses cover a range of intensity, with restorative, chair and balance poses. Pranayama descriptions have been added to broaden the physical aspects of asana practice with breath work and greater awareness.

The collection also presents the Five Ancient Tibetan Rites. These rites are practiced around the world as they are said to be “the fountain of youth” for their anti-aging properties. The five rites consist of different movements synchronized with your breath, to stimulate and balance the seven principal energy centers in your body. The rites are designed to normalize the speed of each chakra’s spinning, so that they are spinning at the same rate and are working in harmony with one another, thus improving our health and aging process.

The Great Yoga Poses II product line is available on CD Rom and by download. The new products are: yGuide with Great Yoga Poses II, yGuide Pro with Great Yoga Poses II and Great Yoga Poses II Pose Collection. Existing customers can expand their library of poses by just “plugging in” the new pose collection.

Founded in April, 2002, Chakra Productions is located in San Mateo, California. For more information about our new Great Yoga Poses II product line and Chakra Productions, please visit [www.yoga-software.com](http://www.yoga-software.com).