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The Yoga Show Yoga in 3D

Step into the third dimension at this year's Yoga Show



What do you get if you combine the ancient art of yoga with cutting edge modern film technology? Answer: the world's first 3D interactive yoga DVD. That's one of the enticing things being shown for the first time at this year's Yoga Show.

Publishing firm Media-Insight (media-insight.co.uk) has filmed top yoga instructor, Anna Ashby, wearing a motion capture suit - a full body lycra suit covered in 18 sensors that record body movement to within 99% accuracy - to make the movie. The movements from the suit are then rigged to a 3D animated version of the yogi, who leads Triyoga's renowned teacher training programme.

The result is an incredible instructional yoga DVD experience that enables the student to interact with what they see on the screen.

The technology allows the viewer to change the perspective of Ashby's 3D yoga asana and enable a full 360 degree rotation. This can show the student correct alignment of the body from all angles including above and below.

"Alignment makes all the difference to how you experience a posture," say Ashby. "It shifts it from simply being a shape, into an experience of being conscious. If yoga is about cultivating





expanded awareness, then conscious alignment is the prerequisite for that.”

The combination of Ashby’s expertise and the cutting edge technology deployed have fused beautifully to create an exciting new addition to the world of yoga DVDs. The student is also able to hear audio of Ashby’s teaching with text references on screen to highlight key alignment tips. There is also a video option of the teaching points that includes the use of props and common mistakes.



Once a student has grasped the teaching covered in this section, Ashby does a 40-minute video sequence of a full yoga practice. This includes warm up, standing poses, twists and sitting postures and a cool down where the knowledge acquired in the earlier section can be applied.



Extra features include a short yoga documentary and some inspirational photography. Make sure you take a close look yourself later this month at the show.

The DVD will be available from 25th October at www.amazon.co.uk
See www.yoga-3D.com for more details

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