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By Editor-in Chief, Felicia M. Tomasko, RN

Yoga Foundations with Hillary Rubin

Gifted teacher Hillary Rubin was inspired to begin yoga after receiving a diagnosis of multiple sclerosis in 1996. But this isn't what you see when you watch her teach. Hillary's clear instruction and joyful presence allows practitioners viewers to enter the sacred space she creates, even in the comfort of own homes. She kindly implores us as students to look within our own hearts, to be patient, and have fun, whatever has brought us to the mat.

Her practice is empowering and in her newly released DVD, Yoga Foundations, she offers well-sequenced, easy-to-follow practices that tells us whatever we touch, we touch from our hearts. Whatever brought us to our practice is the platform, she says. Hillary Rubin provides a delightful, foundational platform, where she talks to the class on the screen while warmly addressing us as the viewer. Bonus features on the DVD include an audio class, audio relaxation and healing meditation for those moments when a video screen may not be a convenient prop for practice.

For more information www.iamnotames.com