



**YOGA BY TEENS  
LET IT GO YOGA**

WWW.YOGABYTEENS.COM

**W**hile more yoga programs are reaching out to younger people, many of them are taught by adults. What makes this DVD, *Yoga by Teens*, unique is that it is actually taught by teenagers, as the title advertises.

Lauren and twins Emily and Jessica Lauren Parsons are three sisters who are the daughters to two yoga teachers in Santa Barbara, Sue Ann and Jim. Lauren, the oldest of the three, leads most of the practice, with comments from her sisters. Her training in theater is evident in the poise with which she teaches. Throughout the program, Lauren's clear instructions and comfort with the practice make the sequence easy to follow, for yogis of all ages.

Yoga by Teens is set up so that yogis can follow along for the whole practice of seated and standing poses, concluded with savasana, or relaxation. The menu is also set up with the practice broken into segments, when time is limited, or if viewers want to focus on one aspect of the practice, such as standing poses. *Savasana*, the final relaxation, is practiced in silence, providing a time to truly draw inward. Filmed outside, the girls' mats set beneath a grove of trees provides a tranquil setting for the practice, even for viewers following along in their living rooms.

The DVD also includes interviews with all three sisters, where they describe why they like yoga and the benefits they find in the practice. Their comments are compelling, particularly from Jessica, who was born with Down's syndrome. Jessica smiles brightly throughout the practice and interview, stating that yoga keeps her strong and helps her to feel good. Through the practice sessions and interviews, the three sisters are moving role models who will hopefully inspire other young people to take up the practice, through the power of their example.

—Felicia M. Tomasko

**LA YOGA**