

Stretching

with Priscilla Patrick

Home
Exercise
Programs





SHOP**etv** is the place to purchase quality local programming along with many of the programs aired on this station. From nature to nurture, SHOP**etv** has more than 2000 programs for your entertainment and education. Your purchases will help us continue to provide the quality programs you expect from South Carolina ETV!



To see more of what SHOP**etv** has to offer, visit our store at scetv.org.

Sunrise and beach scene photos by Christine Margiotta ©2009

Priscilla Patrick



Priscilla Patrick began her training in Hatha Yoga in Okinawa, Japan from 1972 until 1975. She has been teaching these exercises through television, starting with the Far East Network in Japan in 1973 - **Fitness is Fun** and in the United States since 1980 with PBS's **To Life! Yoga with Priscilla Patrick**, Cable Health Network's **Stretch!**, PBS's **Stretching for Life!**, and her current PBS series, **Priscilla's Yoga Stretches**.

Priscilla's television series have been included in the *New York Times* and the *Chicago Tribune's* list of "Best Television Exercise Programs" and her videos have received national acclaim. Priscilla also teaches private classes in her studio in Columbia, S.C.

National reviews include:

Consumer Digest 5-Star "Best Buy" award

American Video Conference Award: "Excellence in Special Interest Video"

The Washington Post: "Among the Best"

Shape Magazine: "...extremely well thought out and easy to follow"

American Fitness Magazine: "...head and shoulders above the rest"

Booklist: "perfect yoga instructor"

To Order: Call 1.800.553.7752 or SHOPetv at sctv.org.

Priscilla's Yoga Stretches

Beginners / Intermediates / Advanced Intermediates

Lesson 1 for Beginners:

A must for beginners! Over 14 postures are featured which are the building blocks of basic yoga poses. This is a complete body workout. These include the series for the lower back, the butterfly, half lotus, full lotus, Yoga leg stretch, cross legged spine twist, kneeling cobra, walking dog, basic cobra, spinal rock, side bend, full forward bend, head roll and shoulder circles.

Catalog #012-102 - \$29.95

Length: 45:13

Lesson 2 for Intermediates:

Features thirteen different postures, each progressively more demanding. These include deep stretches, balancing, low back exercises, abdominal toners, shoulder flexibility and the shoulder stand. The poses included are the full cobra, sideways sway, pelvic tilt bridge, ankle cross stand-up, jack-knife, basic spine twist, pose of tranquility, sternum back-bend, hip balance abs crunch, cow, crow, shoulder-stand, and fish.

Catalog #012-103 - \$29.95

Length: 45:13

Lesson 3 for Advanced Intermediates:

Features twelve different and challenging postures, including the Sun Salutation and the Head Stand. This program will give you a healthy, body-strengthening workout. The poses included are: Torso toner, swan, knees to chest abs crunch, spine twist variation, pelvic tilt leg circles, clam, rooster pose, the bound head to individual knee, cat pose variation, sun salutation, hidden lotus, and headstand.

Catalog #012-104 - \$29.95

Length: 46:30

Sun Salutation: Pose 1



Stretching for Athletes:

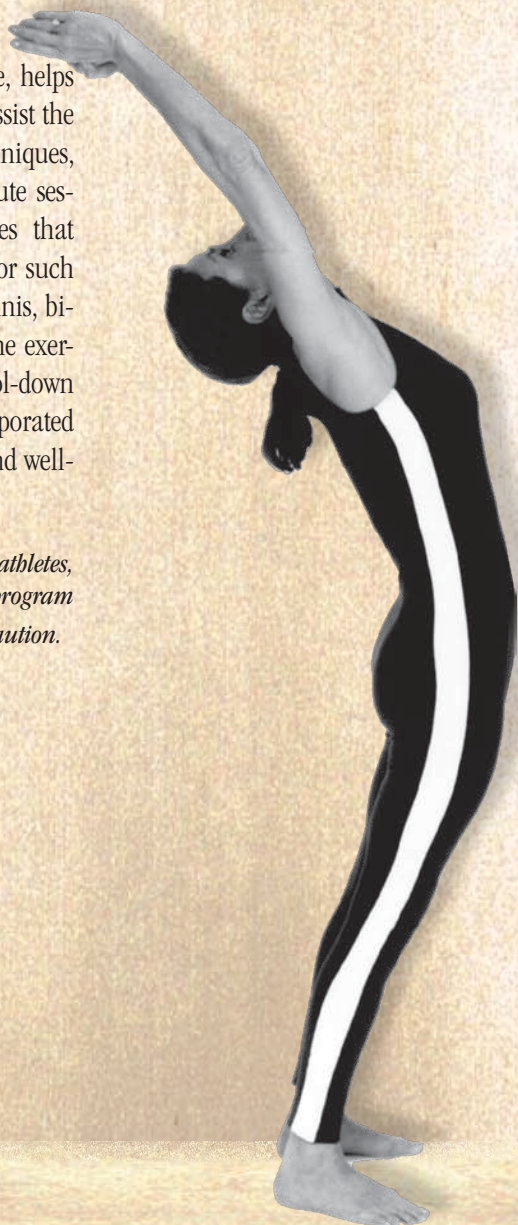
Stretching and Exercise Warm-Ups for the Active Adult

Stretching, a must for every athlete, helps reduce the possibility of injury. To assist the athlete with proper stretching techniques, this program contains two 15-minute sessions of carefully selected stretches that incorporate necessary movements for such sports as football, baseball, golf, tennis, bicycling, running, and volleyball. The exercises are ideal as warm-up and cool-down routines, and can easily be incorporated into athletic programs in schools and wellness centers.

**Designed to be used by conditioned athletes, those just beginning a physical fitness program should approach some positions with caution.*

Catalog #012-002 - \$29.95

Length: 33:44



Sun Salutation: Pose 2

To Order: Call 1.800.553.7752 or SHOP **etv** at **sctv.org**.

Ready, Set, Stretch!

Stretching and Exercise Warm-ups for the Family

Designed to neutralize effects of stress and muscular tension that can create nervous energy this program includes two sessions, approximately 15-minutes each.

The first session includes an extended version of a side stretch for lateral flexibility, a full forward stretch, the camel to arch the back, a variation of the cat pose with a side leg extension for hip and leg strength, shooting the bow for hip, leg and back strength, the crescent moon for quads and balance, the deer pose for hip joints and lumbar back and the crow for arm strength and balance.

Session two has the swan for a total body stretch, the forward facing dog pose for hamstring stretches, the cow for hip and shoulder joints, the locust for lumbar back and glutes, the cradled foot for hip joints, the fish for the back, stomach and hip and knee joints, the sun salutation for a complete body workout and the peacock for concentration, balance and upper arm strength.

You will have a COMPLETE workout in this program!

Catalog #012-001 - \$29.95

Length: 33:45



Sun Salutation: Pose 3

Fit and Nifty Over Fifty

Warm-ups for the Active Senior Adult

Two 15-minute lessons that will gently and consistently improve flexibility, balance and strength. This program includes a variety of poses, from the cat pose for spinal flexibility to the basic cobra for the lumbar back. There are forward bends for hamstrings, pelvic workouts for the lower back; gentle sit-ups for the abdominals, back arches, leg stretches, shoulder stretches, twists for spinal flexibility, and much more. One dozen different poses and counter-poses create a session that flows freely and rhythmically. The first lesson is gentle and eases the participant into slow and methodical stretches, and the second lesson increases the degree of the workout. This is an outstanding program and is recommended for men and women of any age who have lost their youthful flexibility.

Catalog #012-003 - \$29.95

Length: 33:44



Sun Salutation: Pose 4

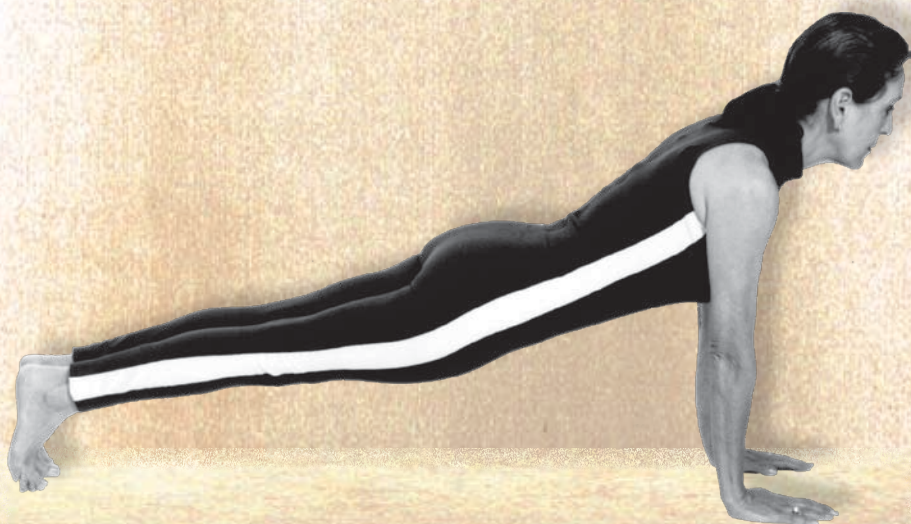
To Order: Call 1.800.553.7752 or SHOP **etv** at **sctv.org**.

Stretch and De-Stress

In these three 10-minute sessions, yoga expert Priscilla Patrick demonstrates stretching exercises designed for those suffering from upper-body tension, specifically in the neck and shoulder area. Easily incorporated into the daily work schedule, approximately 20 different exercises stimulate circulation and methodically stretch fatigue, stress and tension from chronically tight muscles. This is truly a classic exercise program in its clear-cut simplicity and effectiveness.

Catalog #012-004 - \$29.95

Length: 35:39



Sun Salutation: Pose 5

Priscilla's Upper-Body Chair Exercises: Stretching for Individuals with Limited Mobility

Designed for individuals with limited mobility, these two 15-minute sessions deal specifically with the upper body. Thorough, but gentle, workouts are ideal for those who are chair-bound, as well as for those who need upper-body exercise but don't enjoy getting down on the floor. Due to the rich quality and variety of the exercises, each session leaves the participant feeling revitalized and tension-free.

Catalog #012-005 - \$29.95

Length: 37:28



Sun Salutation: Pose 6

To Order: Call 1.800.553.7752 or SHOPetv at sctv.org.

Priscilla's Lower Back Repair Kit

Approximately 80% of our population has had, is having or will have lower back problems. This program includes two lessons (18 and 20 minutes respectively) and then a segment at the end with a physical therapist that will explain and demonstrate different variations to the poses in cases of particular limitations.

The first lesson contains a brief segment on breathing and relaxation techniques to ease the tension out of the tight muscles, and then some very gentle exercises designed to actually alleviate lower back pain. This is an extremely soothing segment.

The second lesson contains over a dozen different exercises specifically designed to bring strength and flexibility into the lumbar back. These exercises include abdominal workouts, quad strengtheners, pelvic tilts, cat poses, back arches, and much more. This program is recommended for ALL adults to keep backs strong and healthy. Don't wait for your back to give you problems before you start taking care of it!

Catalog #012-007 - \$29.95

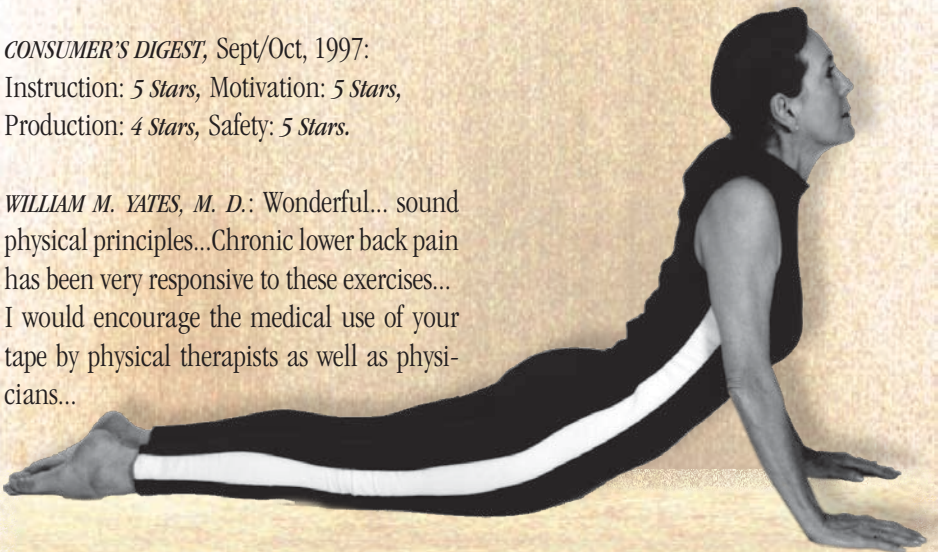
Length: 45:52

CONSUMER'S DIGEST, Sept/Oct, 1997:

Instruction: *5 Stars*, Motivation: *5 Stars*,

Production: *4 Stars*, Safety: *5 Stars*.

WILLIAM M. YATES, M. D.: Wonderful... sound physical principles...Chronic lower back pain has been very responsive to these exercises... I would encourage the medical use of your tape by physical therapists as well as physicians...



Sun Salutation: Pose 7

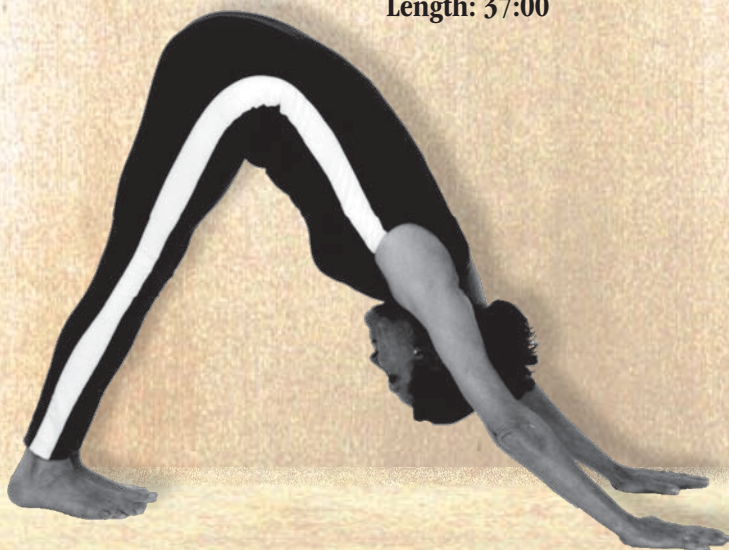
Priscilla's Yoga for Expectant Mothers

This is the ideal workout for expectant mothers and their families. Priscilla's daughter-in-law joins her in this program, and she is seven months pregnant. Carefully constructed exercises in this program were used in classroom applications with expectant mothers in various stages of pregnancy.

The program features two separate workout sessions containing over 20 different stretches and postures that are perfectly safe for all stages of a normal, healthy pregnancy. Previewed and unanimously approved by doctors of obstetrics and gynecology.

Catalog #012-008 - \$29.95

Length: 37:00



Sun Salutation: Pose 8

To Order: Call 1.800.553.7752 or SHOPetv at sctv.org.

Strengthening Stretches for Fibromyalgia and Chronic Muscle Pain

Regaining and maintaining full range of motion in joints and muscles without over straining the body is most important in the path of wellness. People of all walks of life, with and without chronic muscle pain worked through these poses time and again. 'Tweaking' was constant until we found this particular rhythm. Deep and gentle stretches are a must for people with these muscular problems. This program should not be limited to individuals in pain. It is truly a great way to gently nudge someone into exercising, particularly if they are stiff, arthritic, and/or out of shape.

This program contains two 15-minute sessions and includes nearly two dozen different exercises of gentle, slow and deep stretches.

Catalog #012-010 - \$29.95

Length: 30:33



Sun Salutation: Pose 9

One Stretch at a Time: Recovering From Breast Surgery

Individuals who take an active role in their own healing process create a positive atmosphere that greatly enhances the curative powers that exercise provides. Increasing circulation in and around the affected areas is especially true in the recovery from breast surgery. Restoring and maintaining range of motion in joints and muscles is critical for the total recovery process. This program contains two 15-minute sessions.

The first session is a gentle workout that begins with relaxation breathing exercises. Following are general exercises for the entire body to allow the release of muscular tension. Postures are included that will slowly and carefully lengthen muscles in and around the affected areas.

Sessions 2 gradually increases the range of motion exercises, being more specific to the chest, arm, and shoulder areas. A thorough, safe, and rewarding workout is assured. Evaluated and approved by oncologists, obstetricians and gynecologists, this therapeutic exercise program has been tested in classroom situations with individuals who have experienced breast surgery of varying degrees.

Catalog #012-009 - \$29.95

Length: 35:01



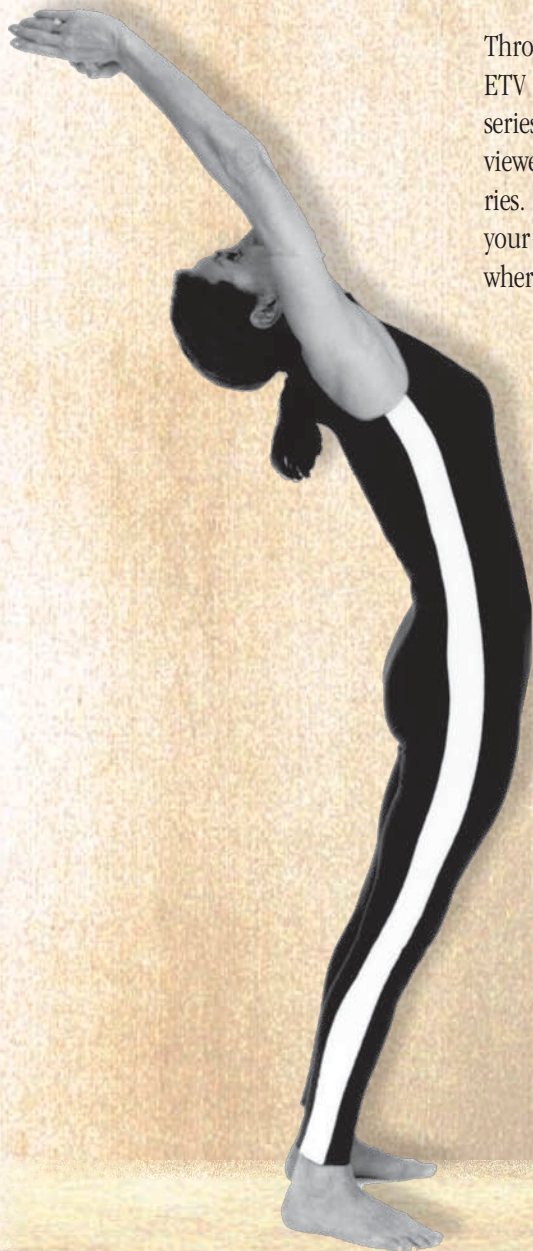
Sun Salutation: Pose 10

To Order: Call 1.800.553.7752 or SHOP **etv** at **sctv.org**.

Priscilla's Yoga Stretches Complete Collection as seen on PBS

Throughout the years that South Carolina ETV has offered the Priscilla Patrick Yoga series, we've had numerous requests from viewers wanting to purchase the entire series. Here it is...130 - 15-minute lessons for your personal collection to watch when and where you want. Just for you!

Catalog #012-500 - \$260.00
26 DVD's



Sun Salutation: Pose 11

Priscilla's Yoga Stretches Workbook

This workbook has three levels -- beginner, intermediate and advanced. It serves as a companion to our TV series; as well as our beginner through advanced intermediate programs. There are over 150 photographs with very clear instructions for getting in and out of poses; as well as cautions and helpful tips when needed. Included also are small articles related to health, stress reduction, mental discipline and mental attitudes. A very user-friendly book, making yoga exercise do-able and understandable.

Catalog #012-012 - \$14.95



Sun Salutation: Pose 12

To Order: Call 1.800.553.7752 or SHOPetv at sctv.org.

Sun Salutation

Pose 1: Standing upright, feet slightly apart, evenly distribute your weight between the balls and heels of your feet. Separate your toes, tighten your kneecaps, set your quads and draw in your abdomen. Lengthen your waist, ease into a pelvic tilt, and place your palms together in a prayer fashion in front of your breastbone. Lengthen your spine and neck, keeping your chin up and lowering your shoulders for greater elongation of your neck.

Pose 2: Inhale as you glide your arms straight out in front of you, then up alongside your ears. Stretch deeply, with only a minor arch to your back.

Pose 3: Exhale, bending at your hip joints, making a table top as you are halfway down. Fold your body at your hip joints, placing your hands on the floor alongside your feet and your forehead close to your shinbones.

Pose 4: Breathe softly. Inhale. Lift your head slightly and bring your right leg straight back behind you, coming onto your toes and knee and bending your left knee. Keep your left knee directly over your ankle, and make certain that it does not go forward beyond your toes.

Pose 5: Exhale. Ease your left leg back, coming onto the tiptoes of both feet. Have your body in an inclined plane.

Pose 6: Inhale and then exhale as you slowly lower your torso to the floor, placing your forehead, chest and knees on the floor, but not the abdominal wall. You should have your forehead, palms, chest, knees and toes on the floor. Do not have your hips too high in the air.

Pose 7: Breathe softly. Ease down into a prone position. Inhale and ease up into a full cobra, pushing your hands into the floor and lifting your torso, arching your back.

Caution: Go easily into the cobra, and find the exact degree of arch that is suitable and safe for your back. Regardless of your lack of flexibility, you will see improvement in due time. So, go slowly.

Pose 8: Exhale. Push your hips toward the ceiling, bringing your head between your arms as in the forward-facing dog pose.

Pose 9: Inhale. Bring your right leg forward bending at the knee and placing your leg under your chest. Stretch your left leg straight to the back, coming down onto your left knee and left tiptoes. Stretch deeply and breathe softly.

Pose 10: Inhale as you bring your left leg up alongside your right leg. Try to place your forehead to your shinbones as you exhale.

Pose 11: Inhale, placing your palms together. Come out of your hip joints, trying to keep your spine, neck, and head in a straight line, into the upright position. Arch your back, stretching your arms back and opening the chest wall.

Pose 12: Exhale and come back to the upright position.

To see more of what SHOPetv has to offer, visit our store at scetv.org.

TO ORDER

Catalog No.	Title	Total

*Shipping/Handling (*subject to change*) \$4.00 each _____

\$.99 for each additional item _____

Subtotal _____

7% Sales Tax (*SC Residents Only*) _____

Grand Total _____



*Shipping/Handling for Priscilla Patrick's Complete Collection is \$10.00

METHOD OF PAYMENT

- My check/money order is enclosed
- Bill my credit card.
- Visa MasterCard Discover
- Card No. _____
- Expiration Date _____
- 3 digit security code _____
- Purchase Order No. _____

Is this a gift? Yes No

Note to Recipient: _____

Please allow two-three weeks for delivery

To order by Visa, MasterCard, or Discover, call 1.800.553.7752 or SHOP **etv** at **scetv.org** To order by check or money order, make payable to ETV Commission and mail to:

ETV Marketing Department
1101 George Rogers Blvd.
Columbia, SC 29201

ORDERED BY

Name _____

Street Address _____

City/State/Zip _____

Phone () _____

Fax () _____

E-mail _____

SHIP TO

(if different from Ordered By)

Name _____

Street Address _____

City/State/Zip _____

Phone () _____

Fax () _____

E-mail _____

Shipping Outside The Contiguous United States:
If you live in Alaska, Hawaii, Canada, or elsewhere outside the contiguous U.S., call 803.737.3436 for shipping and handling charges.

Thank You For Your Order!



From nature to nurture, the etvStore has more than 2000 programs for your entertainment and education. Many are produced by regional stations within the SCETV Network. All purchases you make will help support SCETV's programs and community outreaches.

Did you know that SCETV receives a portion of the proceeds from every item you purchase through ShopPBS, the NPR Shop, and Amazon.com? Just another way you can help support SCETV!

Just go to scetv.org and click on SHOPetv!



Thank you for being a valued customer of SHOPetv!

TO ORDER

Catalog No.	Title	Total

*Shipping/Handling (*subject to change*) \$4.00 each _____

\$.99 for each additional item _____

Subtotal _____

7% Sales Tax (*SC Residents Only*) _____

Grand Total _____



*Shipping/Handling for Priscilla Patrick's Complete Collection is \$10.00

METHOD OF PAYMENT

- My check/money order is enclosed
- Bill my credit card.
- Visa MasterCard Discover
- Card No. _____
- Expiration Date _____
- 3 digit security code _____
- Purchase Order No. _____

Is this a gift? Yes No

Note to Recipient: _____

Please allow two-three weeks for delivery

To order by Visa, MasterCard, or Discover, call 1.800.553.7752 or SHOP **etv** at **scetv.org** To order by check or money order, make payable to ETV Commission and mail to:

ETV Marketing Department
1101 George Rogers Blvd.
Columbia, SC 29201

ORDERED BY

Name _____

Street Address _____

City/State/Zip _____

Phone () _____

Fax () _____

E-mail _____

SHIP TO

(if different from Ordered By)

Name _____

Street Address _____

City/State/Zip _____

Phone () _____

Fax () _____

E-mail _____

Shipping Outside The Contiguous United States:
If you live in Alaska, Hawaii, Canada, or elsewhere outside the contiguous U.S., call 803.737.3436 for shipping and handling charges.

Thank You For Your Order!



ETV Marketing Department
1101 George Rogers Blvd.
Columbia, SC 29201