

**“CHAOS ROCKS”**

—ALTERNATIVE PRESS

**“LIKE JANE FONDA ON CRACK”**

—BIG SHOT MAGAZINE

**“BEST WORKOUT THIS SIDE OF A MOSH PIT”**

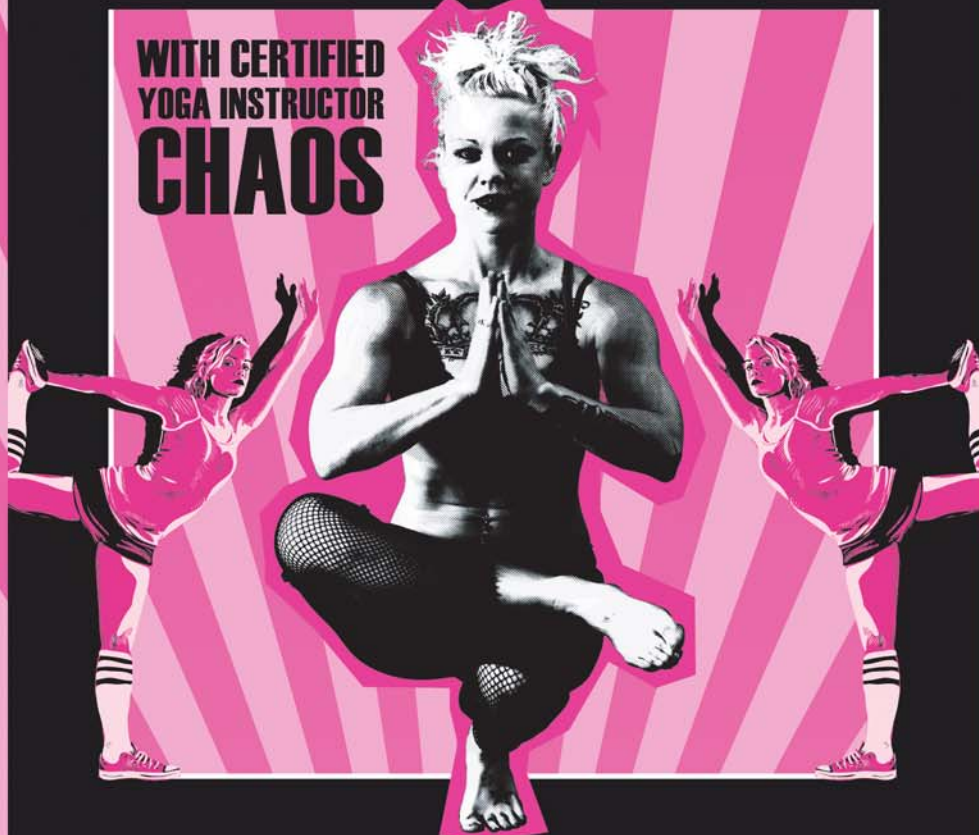
—UNITSHIFTER

**YOGA**



**FOR INDIE ROCKERS**

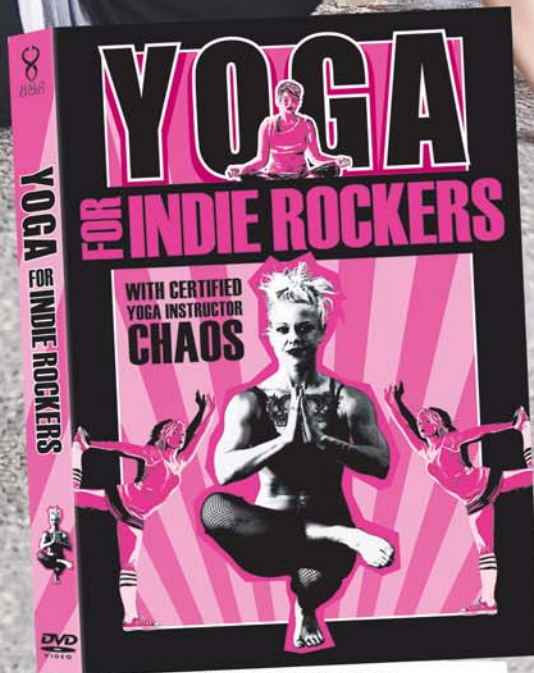
WITH CERTIFIED  
YOGA INSTRUCTOR  
**CHAOS**



Ever wonder why every exercise video seems shot on a hermetically sealed soundstage with a Stepford Wife for an instructor and some John Tesh-sounding new-age beat pulsing in the background?

Well Chaos has... she's a certified yoga instructor and personal trainer who teaches a rock-n-roll hardbody yoga class in the center of Hollywood. She thinks fitness videos can have attitude and great music and the kind of badass energy that'll psych you up to work out everyday and get in awesome shape. And who are we to argue with a drop-dead gorgeous yogi who could totally kick our asses?

- Follow along with three students: Karri (*Beginner*), Kristina (*Intermediate*), & Page (*Advanced*).
- Special **BEGINNER SESSION** for first-timers.
- Three selectable channels of music: **INDIE, ELECTRO, & POP-PUNK...** or select **No Music** & play your own.
- Featuring music from *Kevin Devine, Jet Lag Gemini, Roses Are Red, House Of Fools, Dillinger Escape Plan, Crash Romeo, 2 Lone Swordsmen, Paulson, & more!*



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**Title:** Yoga For Indie Rockers  
**Street Date:** Oct. 30, 2007  
**Order Date:** Oct. 5, 2007  
**SRP:** \$19.95 **Cat #** H809  
**Run Time:** 45 min **Rating:** NR  
**UPC:** 856594001097  
**Config:** DVD **Box Lot:** 30  
**File Under:** Health & Wellness  
**Studio:** DiY-Fest / Halo-8  
**Region 0 | Color | 2007**  
[www.halo8.tv](http://www.halo8.tv)

