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NEW BODY

SPECIAL

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VID BIZ

Reviewing the best and latest in videos

BY RICHARD MINTZER

AEROBICS WITH SOUL

Get rid of adult inhibitions and let yourself go with one of the most innovative, free-spirited and enjoyable workout tapes on the video market today. It's enlightening for body, mind and spirit.

Maria Bergh's *Aerobics With Soul* takes you into the rich heritage of Tanzania as you dance your way to a better body. The key, according to Bergh, is to "relax your body, relax your mind and then relax both body and mind together."

Taking a natural approach to fitness, it combines aerobic routines with traditional African dances. The idea is to find a natural way of moving your body and feeling good at the same time. As Bergh notes, much of African dance was inspired from the movement of wild animals, which explains the graceful movements of the "Giraffe" dance used during the warm-up or of the "Monkey Jumping Jacks" which are part of the high-energy dance workout.

Complete with intense African

rhythms, the dances include "Work Your Body," "The Circle Dance," "The Khanga Dance" and the somewhat erotic "Pata Pata Touch Dance." The cool-down portion features "The Ostrich," which utilizes the gracefulness of this large bird's movements to relax the various parts of your body.

The award-winning tape is a high-energy, challenging and rigorous dance workout. Complete with pictures of and insightful information about Tanzania, *Aerobics With Soul* provides about as much fun as you'll find in any workout tape. This one's far from the traditional aerobic vehicle, giving you a chance to let loose with your entire body and soul... and it'll feel soooo good!

Distributed by Bergh International (1-800-328-7114); 60 minutes; available in VHS or PAL (the original music score is also available on audio cassette for \$13.95); priced at \$19.95

