

Mp3 Jacqueline Ryan Brodnitzki, Ryt - Inner Balance: Guided Meditations

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Three inspiring guided meditations, including a total body relaxation, a full chakra balancing visualization and a guided traditional buddhist meditation technique. 6 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Jacqueline is passionate about yoga, meditation, nutrition and healing. She believes they are all crucial to a sense of well-being. She is a Registered Yoga Teacher (RYT) with Yoga Alliance, the national organization that sets standards for the yoga community, has completed the University of Arizona's Program of Integrative Medicine studying the effects of nutrition in prevention and healing of cancer and cardiovascular disease and is attuned to perform Shamballa Multidimensional Healing. Yoga Jacqueline and has been practicing yoga since 1995. She completed her teacher training in 2003 with Beryl Bender Birch, founder and director of The Hard Soft Astanga Yoga Institute in New York City, and Mimi Loureiro of O2 Yoga. She has studied with many other well known yoga teachers including: Ana Forrest, Julie Gudmested, Patricia Walden, Cyndi Lee, Angela Farmer, Donna Farhi, Gary Kraftsow and Shiva Rea. She continues her studies by traveling for workshops with various yoga teachers and by extensive reading. Meditation Through a daily practice of meditation, Jacqueline has found peace of mind, more stability of mood, connection to higher spirit, and an overall sense of joy. She teaches the Tibetan Buddhist form of meditation called Shamatha in the hopes that many others will benefit from a daily meditation practice. Healing Jacqueline has been attuned to be able to heal others using the Shamballa Multidimensional Healing System. Her work with clients includes: opening and balancing the energy channels of the body (chakras), relieving muscle tension and pain and headaches, calming the central nervous system through breathwork, enabling clients to have the ability to reduce and control tremors and reduction of anxiety and depression. Learn more about Jacqueline at innerbalanceyoga.net.

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