

Mp3 Manorama - Learn To Pronounce Yoga Poses

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Over 180 poses if purchased comes with a booklet that includes illustrated poses with alphabetical order, tracking and time coding. Very useful for Yoga teachers and students of yoga. 20 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: The director of the School of Sanskrit Studies in NYC, Manorama leads workshops on the Path of Luminous Shabda, a path that combines Sanskrit, Meditation and Yoga philosophy. She teaches in NY at Ananda Ashram, Jivamukti Yoga, Omega Institute, Integral Yoga Institute, Krpalu Institute and Laughing Lotus Yoga. She leads workshops nationally, as well as internationally in Europe and Canada. Manorama's mix of earthy charm, deep scholarship and humourous teaching style were born from years of close study with her Guru, Shri Brahmananda Sarasvati, the founder of Ananda Ashram. Manorama is a graduate of Columbia University.

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