

# Mp3 Mordy Levine - Relaxation Techniques For Natural Sleep

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Meditation Pro Insomnia CD shows you how easy it is to meditate, get to sleep and bet back to asleep when awoken in the middle of the night. 18 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Educational Details: Mordy Levine, the founder of Meditation for Wellbeing, has been teaching meditation for over 20 years. He has been teaching Yoga since 2000. He earned Yoga Instructor certification from the United States Yoga Association. He is also certified as a Vinyasa Yoga Instructor (RYT200). Mordy is also a certified meditation instructor. Mordy holds a 2nd degree Black Belt from Shotokan Karate of America, and was an instructor for 10 years in New York City. Mordys appreciation and respect for the Eastern tradition is his motivation for teaching others. He strives to provide students with the practical knowledge and tools that can lead them to a happier state of mind and reduced stress in their daily life. He currently teaches yoga meditation classes at Yoga South Studios in Boca Raton, FL. He also teaches stress reduction meditation, as well as other meditations throughout South Florida. The Meditation Pro series was created to encourage as many people as possible to meditate. We develop meditation programs that appeal to all types of people from all walks of life. If the whole world meditated for 15-20 minutes a day (maybe even just one time!), it would be a better more peaceful world. Our philosophy is that meditation is simple to learn and to practice. And the benefits for every person are amazingly powerful and positive. With consistent practice, you are guaranteed to change your life for the better. We hope you start to meditate and recommend it to others. May you feel peace, joy, and share it with others. People who are interested in Deepak Chopra Wayne Dyer should consider this download.

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