

Mp3 Steve Wolf - Relax Deeply - Discover The Ancient Practice Of Yoga Nidra Meditation

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The two guided relaxation sequences on this recording are inspired by the ancient practice of Yoga Nidra, which means yogic sleep. Simply lie back and listen while you are guided to a place of profound physical and mental rest. 3 MP3 Songs SPOKEN WORD: With Music, NEW AGE: Meditation Show all album songs: Relax Deeply - Discover The Ancient Practice Of Yoga Nidra Meditation Songs Details: Steve Wolf is a yoga and aikido instructor who has taught for over 25 years. He has conducted numerous workshops in the United States and Canada. His popular Yoga Nidra workshops resulted in the creation of his CD "Relax Deeply" which is now in its third pressing. Reviews 5 out of 5 stars Good job! "I train yoga teachers from around the world, and I use this CD as a tool to demonstrate how to present yoga nidra in a yoga class. I encourage the teachers to purchase the CD and then emulate Steve's pacing, tone of voice, and content. His voice is soothing and unpretentious, and you will feel as if he is right there with you. He's done a super job with this CD and I recommend it for anyone who wants to relax deeply. Enjoy!" Cathy Plato (Houston Texas) 5 out of 5 stars Very Relaxing! This is the best relaxation CD I have tried. I am a very busy mom and just need some down time. I can easily fit in the 15 minute segment when the kids are sleeping. - Sharon J. Wanamaker (Crofton, MD) 5 out of 5 stars Just beautiful! I have three yoga nidra CD's and this is now my favorite. Steve's voice is extremely relaxing, the sequence is beautifully presented and the music adds just the right touch, but not too much. I lent it to my mother after the loss of my father and she said it saved her during the times when she could not relax. I am a mother and teacher and I use it whenever I can to recharge my batteries. I am thankful to have this CD! Mary Davis, mother, piano teacher, registered yoga instructor (Burke, Virginia) "The best CD of its kind that I've heard, and I've listened to a lot of them." Dr. Olga Rasmussen, yoga teacher, Health Advantage Yoga Center - Herndon, VA.

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