

Mp3 Hope Fyfield - Savasana Stories

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Spoken word-relaxation 7 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Poetry Details: Savasana is the pose with which one finishes a yoga practice. While many people look forward to savasana in a class, especially a hard class, it is often skipped in the home practice. Sometimes a person has trouble relaxing without guidance, or wonders how to make sure that one doesn't fall asleep. This cd attempts to address these needs. It consists of 7 different savasana practices, each with about 5 minutes of guided relaxation and imagery, followed by 5 minutes of quiet. A few tones are then heard, followed by an invitation to come out of the pose. One of the tracks, Waves, has ocean sounds in the background, courtesy of themusicalsea.com. Of course, one might also use the cd for relaxation alone, without the practice first. Hope Fyfield, who recorded this cd, is a yoga teacher from Portland, Oregon. She has long been affiliated with Julie Gudmestad, and teaches at her studio, Gudmestad Yoga. Her students have long been asking for a recording like this, as they find Hope's voice very helpful in promoting relaxation. Hope has been teaching since 1988. Throughout that time, she has felt that savasana is not only an essential pose to balance one's yoga practice, but also helps in understanding and managing the stresses of daily life as well. Hope wishes you well, and invites you to relax. For more information about Hope and the studio where she teaches, please visit gudmestadyoga.com. Thank you! P.S. Sorry about the typos on the package. I'll do better next time.

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