

Mp3 Susi Amendola - Embrace The Heart Of Yoga

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This CD incorporates guided practices of Yoga with sanative music for beginners and continuing students in a joyous and heart-opening feel First students will find the elaborated instruction and photo series of Yoga postures. 12 MP3 Songs SPOKEN Give voice With Music, NEW AGE: Meditation Embrace The Heart of Yoga Songs Details: WHAT Populate ARE SAYING ABOUT EMBRACE THE HEART OF YOGA: "The practices can help every practitioner reach a level of inner quiet that the normally busy pace of life rarely affords." - Rolf Sovik, PsyD Spiritual Director, Himalayan Institute Co-Author of Yoga: Mastering The Basics * * * "...a perfect journey for the heart, body and spirit." - Lee Lipsenthal, MD President, The American Board of Holistic Medicine Former Medical Director, The Dean Ornish Program * * * "Thank you, Susi, for offering us, the key to health and harmony, by encouraging us to Embrace the Heart of Yoga." Nischala Joy Devi Author of The Healing Path of Yoga Co-founder, Commonweal Cancer Help Program Former director of Yoga, Dean Ornish Program for Reversing Heart Disease * * * SUSI AMENDOLA brings over 25 years of Yoga practice and teaching experience to this CD. Her dedication is enhanced by her belief that Yoga practice can benefit anyone in any condition if practiced with the intention of exploration and with an attitude of compassion. She is the founder and director of Omaha Yoga and Bodywork Center and has spent the past 12 years working with heart patients in a hospital setting. Currently, she serves as the National Director of the Stress Management (Yoga) portion of the Dean Ornish Hospital Programs for Reversing Heart Disease. She received her teaching certificate through the Himalayan Institute where she lived and practiced in community for several years and also holds a 500-hour registration with Yoga Alliance. Over the past 10 years she has developed a 200-hour teacher training program which supports teachers and students in expanding their practice, knowledge and understanding of Yoga. Her new experiential CD, Embrace The Heart of Yoga, with composer Frank Harris, includes energetic and peaceful practices for many levels of exploration and awareness. doyoganow.com FRANK HARRIS is a musical visionary. He is also a musician, composer, engineer and music producer. He received his B.A. in music performance/classical guitar from UCLA. Frank plays piano, guitar, sings, composes and arranges music with the aid of computers and synthesizers. Frank

became one of the world's experts at programming the Synclavier, an early digital synthesizer. For the past 20 years, he has run Third Wave Productions, which is his own music production company. His outstanding work as a recording engineer has provided him critical acclaim in numerous audiophile publications. His last CD, "From the Gekko" (1997), was reviewed on NPR's award-winning program "All Things Considered," and was lauded as one of the best global albums of the year. A combination of real world and synthesized music, rich South American vocals and jazz, it became a highly praised work that is both accessible and intelligent. His association with Ralph Records, home of The Residents and other fringe elements, opened even more doors. Frank's accomplishments range from film scoring and commercials to documentaries and production for groups as diverse as Rhythm and Noise. His work includes: musical composition for Joseph Campbell's acclaimed lecture series, film scores such as the award-winning PBS documentary "Not All Parents are Straight," the independent film "Three by Three" and the feature film "No Retreat, No Surrender" starring Jean Claude Van Damme. Frank composed and produced an original theme for ESPN's primetime show, "The Season," composed the theme and score for Hearst Entertainment's nationally syndicated TV series "The Bravest," as well as music for the TV show, "B. Smith with Style." It is his breakthrough methods for composing on the Synclavier, bringing a human element to its vast capabilities, which have been at the center of much of his creative output. Most recently, Frank composed and performed the score for "The Core," a documentary about rock climbing in Yosemite which premiered nationwide April 3, 2005 on HDTV's Rush network. His new CD, "Take My Heart: Music from the Cave," will be released in 2006. Frank resides in the San Francisco Bay Area, where he continues to create music from his heart. frankharrismusic.com

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