

# Mp3 Ateeka - Moon Cycle Yoga

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Intuitively Soothing Yoga Asana Instruction 3 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: The MOON CYCLE is the sacred time of menses, a time of introspection, cleansing and renewal. MOON CYCLE YOGA is a gentle guided practice including asana and pranayama to relax and support the body, mind and emotions. Ateeka guides you through asanas that tenderly release holding and balance energy in the spine, hips, lower abdomen and reproductive organs. The practice is concluded with a deep relaxation of Savasana. Beautiful music by Daniel Paul Accompanying photographs of each asana are on Ateeka's website at [yogawithateeka.com/htmls/asanas-mooncycle.html](http://yogawithateeka.com/htmls/asanas-mooncycle.html) Ateeka is a Certified Integral Yoga instructor and Registered Yoga Teacher with the internationally recognized YOGA ALLIANCE and member of the International Yoga Therapists Association. Her approach to Yoga is compassionate, authentic, light-hearted and rooted in the core traditions of classical yoga, meditation and mindfulness. She teaches an "intuitive" yoga style, encouraging students to listen inward to the messages of the body. Taking a more direct approach to the soul, Ateeka guides students to explore the asana from the inside out with less structure and more organic movement taking form as the classical asana. She has been practicing Yoga for 15 years and teaching Vinyasa Flow, Integral Hatha and Restorative Yoga since 1997. Ateeka's work has been featured in SPORTS ILLUSTRATED WOMEN, REAL SIMPLE and BODY SOUL and MODERN BRIDE magazines. She has produced a successful Yoga instructional video "Yoga With Ateeka" as well as 5 instructional audio CD's available in "Divine Yoga Flow" , "Bliss" and "Moon Cycle Yoga". Ateeka gratefully resides and shares Yoga in MAUI, HAWAII as well as leading workshops, retreats and Yoga Teacher Trainings worldwide.

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