

Mp3 Annie Carpenter - Relaxdeeply

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Close your eyes and sink into a state of peace while practicing restorative yoga postures designed to deeply relax and rejuvenate, restoring the body back to balance. 10 MP3 Songs in this album (75:35) !

Related styles: NEW AGE: Yoga, NEW AGE: Meditation People who are interested in Deepak Chopra Shiva Rea Rodney Yee should consider this download. Details: annie carpenter has been practicing yoga for over 30 years and continues to marvel at the power this ancient practice has to move us from our small fearful selves into the creative and loving beings we actually are. Known as a teachers teacher, Annie leads teacher trainings, workshops and retreats, and mentors young teachers in Los Angeles and abroad. She believes that focusing on alignment and the movement of breath and prana provide points of dharana or gateways to inner stillness and peace. anniecarpenter.com Yogitoes, incSusan nichols, the founder and long time yogini, launched the company out of her own need for tools to support her practice. Yogitoes is a community company, by word of mouth only. It was created and has evolved within the new paradigm. To date there is no business plan as WE unfold, yogitoes unfolds a process that has been an extraordinary journey to ORGANICALLY flow from the age of aquarian with unity consciousness. yogitoes.com music by michael perricone (tibetan bowls), presented by omstream.com

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