Mp3 Marcia Camino - Yoga Nidra

DOWNLOAD HERE

Set yourself free. Four guided relaxation tracks from five to thirty minutes--accommodating even the busiest schedules--employ ancient yogic practices of body relaxation, breathing exercises, affirmations, and visualizations. The technique? Yoga Nidra. 5 MP3 Songs in this album (71:15) ! Related styles: NEW AGE: Relaxation, NEW AGE: Yoga People who are interested in Belleruth Naparstek Pema Chdrn Amy Weintraub should consider this download. Details: Benefits of Yoga Nidra are many. It reduces stress, improves sleep, boosts the immune system, lowers blood pressure, brings balance and harmony to the hemispheres of the brain and nervous system, promotes higher consciousness and inner peace, and helps us drop our unwanted behaviors and habits. Marcia Camino, B.A., M.F.A., E.-R.Y.T., R.C.Y.P., is a certified and Yoga Alliance-registered instructor who teaches adult and childrens yoga in the Cleveland area. She has studied under masters Yogi Desai, Rodney Yee, and Shakta Kaur Khalsa and is Clevelands only Amrit-certified instructor, having completed her yoga teacher training through the Amrit Yoga Institute in September 2004. Since 2003, Marcia has had a daily yoga practice and since becoming certified has taught over 1,000 hours. Marcia has practiced and studied many styles of yoga and is particularly fond of Amrit, Ashtanga, Bikram, Iyengar, Kundalini, Hot and Warm, Nidra, Sivananda, Satyananda, and Yin Yoga systems. Marcia holds a bachelors degree in English from Bowling Green State University and an M.F.A. in creative writing (poetics) from the University of Alaska, Fairbanks. While in college, she studied ballet and acting. Her love for the arts, particularly dance and spoken word, continually informs Marcias yoga classes. She offers students an intelligent, inspired, eclectic, and poetic yoga journey inspired by her love for many styles of yoga as well as art.

DOWNLOAD HERE

<u>Similar manuals:</u>

New Age Yoga

5 New Age Relaxation Audios MRR

New Age Relaxation - Royalty Free Music