

Mp3 Amy Weintraub - Breathe To Beat The Blues

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Let author of YOGA FOR DEPRESSION, Amy Weintraub, lead you through a sequence of ten pranayama breathing exercises to help you calm your mind and elevate your mood. 13 MP3 Songs

SPOKEN WORD: Instructional, **NEW AGE:** Healing Details: **TEN PRANAYAMA BREATHING EXERCISES:** Enjoy an energizing sequence of breathing exercises that will restore balance to your emotional body. **GUIDED RELAXATION:** This soothing journey through sound will provide a profound and deeply healing rest for your mind, body and spirit. Resume your normal activities with renewed vitality and a deep sense of inner peace. Original soundtrack music by Larry Redhouse on keyboard and synthesizer with Cantrell Maryott providing vocals and Tibetan singing bowl. Twenty-five years ago, Amy Weintraub, author of Yoga for Depression (Broadway Books, 2004), was an award-winning television producer and writer, suffering from depression. Her own recovery from depression began in 1989, when she began a daily Yoga practice. Today she is a Senior Kripalu Yoga Teacher and Mentor, who leads national workshops on Yoga and depression and regularly writes on the subject for magazines, including Yoga Journal, Psychology Today and Yoga International. Amy's forthcoming book has received advanced praise from physicians, psychologists and master Yoga teachers, including best-selling authors, Christiane Northrup, M.D., who says "YOGA FOR DEPRESSION is a godsend: beautifully written, medically accurate, and very practical. I highly recommend it!" And Richard Miller Ph.D., who says, "This book belongs in the hands of every person who experiences depression and in the library of every therapist who works with people suffering from depression." Amy is also featured on the new audio practice CD, "Breathe to Beat the Blues." Amy has won numerous national literary prizes for her short fiction, her novel-in-progress, and her film documentaries. She holds the Master of Fine Arts degree in Writing and Literature from the Bennington Writing Seminars, Bennington College. Amy lives in Tucson, Arizona, where she teaches Yoga and writing workshops. Visit Amy at yogafordepression.com

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