

Mp3 Pc Davidoff - Yoga Timer

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Soothing, natural atmospheres which are designed to enhance one's yoga regimen. 2 MP3 Songs NEW AGE: Meditation, NEW AGE: Environmental Details: The 2-CD set YOGA TIMER, produced by author and Yoga Research Society Director Vijayendra Pratap, Ph.D., DYP, features soothing, natural atmospheres of P.C. Davidoff which are designed to enhance one's yoga regime. On the first disc, listeners are bathed in the nourishing serenity of the ocean, as its waves tumble onto a white, sandy shoreline. A temple gong sounds at one-minute intervals to guide yoga practitioners. The second disc drops the listener into a secluded corner of a forest at sunrise. Here the sounds of melodious birdsong fill the air. During this track, a temple gong sounds at 3-minute intervals. This is a great program for releasing stress and developing focus during a yoga session. Music Design "A tool that will help you to regulate your practices and go beyond time" V.Pratap,PhD,DYP

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