

# Mp3 Gina Lorenzo - "good Vibrations" (rhythm Therapy)

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This CD is different from any other brainwave entrainment or meditation CDs you've ever owned. Either play along or just listen in headphones to find the "vibe" that's right for you. Can be used with or without headphones. Great for getting energized... 4 MP3 Songs in this album (50:44) ! Related styles: NEW AGE: Energy Healing, NEW AGE: Self-Help Details: Gina Lorenzo received her Degree in Composition from, the renowned, Berklee College of Music in Boston, MA. She is also a yoga and martial arts instructor and has created her own style of yoga called, "Wa Prana Yoga". Her personal training business, Body SynerG, incorporates yoga, martial arts and traditional fitness training. She combined her love of fitness, meditation and music and created the "Mind SynerG Series". This series consists of Meditation and Brainwave Entrainment CDs (with and without guided meditations and affirmations). The CDs with the entrainment frequencies enhance and deepen meditation, relaxation, and "suggestibility". Choose the CDs that are right for you!

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