

# Mp3 Adria Firestone With Billy Atwell - Soothe Your Stress

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Guided meditations that take you to a place of beauty and calm: spoken words and world music sounds float you to sleep and awaken you to a glorious new day. 5 MP3 Songs NEW AGE: Relaxation, SPIRITUAL: Inspirational Details: ADRIA FIRESTONE Singer/Speaker/Teacher For over 25 years Adria Firestone traveled the globe as an award-winning actress and opera singer. Her flexibility and practice of yoga prevented injury onstage. When she later explored Feldenkrais and Alexander, and added the stillness of meditation and breathing, she found her routines to be twice as effective. That is how her unique Stillpoint Movement was born. Ms. Firestone is a compelling speaker for the necessary harmony of Body, Mind Spirit, a Reiki practitioner and a holistic life coach. For the past 15 years Adria has given talks and master classes throughout the world and is presently on the faculty at New Jersey City University. Whether Adria's audience is 12 or 12,000, she combines all of her talent, education and experience to enrich, enliven and enlighten her audience. Adria Firestone is an award-winning singer and actress whose credits range from Carmen to Family Guy. She led season openers with Houston Florida Grand Operas, graced San Diego Operas stage with a world premier of The Conquistador, and was hailed as the Queen of the Palace of Bellas Artes in Mexico City. She won a Carbonell for Best Actress in a Musical for Aldonza in Man of La Mancha, was voted Woman of the Year in Spoleto, Italy and was embraced in Spain as their immortal gypsy, Carmen. After a singing career of that took Adria around the world, she withdrew from the spotlight to explore a deeper calling. She is a transformer inspiring the miraculous power of our spiritual essence to leave a legacy of light for this beloved planet. After 4 years of study she graduated as a life coach in 2006 and added Reiki to her credentials in 2003. Adria's constant quest for knowledge has caused her to explore first hand, other traditions and philosophies. Her spirituality is present in all she does, but it is a practical, everyday spirituality, with its feet planted firmly on the ground. Adria's speaking is colored by her passion for living, her music serves her message, and her point of view is as unique as her voice. Adria Firestone Rise Shine -- Transform Your World Toll free: 877 500-5717 [afirestone.com](http://afirestone.com)

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