

Mp3 Hope Fyfield - Yoga For Beginners

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Hope's soothing, mellow voice makes it easy to do a little yoga. She also makes it easy to lengthen your practice, even if you're a beginner. 3 MP3 Songs SPOKEN WORD: Instructional Details: Hope Fyfield is a yoga teacher from Portland, Oregon. A former physical therapist, she has been teaching yoga since 1988. She is affiliated with Gudmestad Yoga, a studio devoted to the safe instruction of yoga. Hope particularly loves introducing beginners to this wonderful practice. She also specializes in helping the out-of-shape, injured, or chronically painful student find relief, progress and pleasure in yoga. Her soothing and mellow voice makes the practice a pleasure. When asked "Why a cd, when there are so many DVDs out there?" Hope will reply that she doesn't like practicing in front of the TV, so why would her students. Using a cd is a little like being in class with your eyes closed. Please note that the cd does include an insert with photos to help you figure out what you're supposed to be doing. If you are brand-new to yoga, Hope strongly recommends that you get the cd itself, rather than a track or two. If you'd really like to just get a taste with one track, then please listen to it first before practicing, to get an idea of what's involved. To find out more about Hope or the studio where she teaches, please visit gudmestadyoga.com. Thank-you!

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