

Mp3 Sujantra Mckeever - Focus-relax-peace

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Learn safe, simple and proven techniques for concentration, relaxation and meditation. Over 25,000 people have learned meditation using these effective exercises set to gentle music. 5 MP3 Songs

SPOKEN WORD: Instructional, NEW AGE: Yoga Details: Sujantra was born in San Francisco in 1962 and moved to San Diego in 1980 to attend UCSD. He is the founder and owner of the Pilgrimage of the Heart Yoga Studio. He first became interested in Hatha yoga as a young boy and used his practice of asanas (the yoga postures) and pranayama (breathing techniques) as a stepping stone into the inner aspects of yoga: concentration, meditation and contemplation. Sujantra has authored five books on eastern philosophy, success motivation and meditation. Two of his books have been used by major universities for teaching wellness, stress reduction and comparative religion. Over the past twenty years, he has delivered over one thousand lectures on meditation and yoga in over twenty-five countries. In 2006, Sujantra opened the Pilgrimage of the Heart Yoga studio in San Diego, CA. In each of his yoga classes, Sujantra offers the complete yoga experience by teaching all eight aspects of yoga and exploring the relevance of this ancient art in our modern lives. Sujantra has studied meditation with spiritual teacher Sri Chinmoy since 1980. Sujantra is an ACE certified Group Fitness Instructor. For more information, visit pilgriamgeoftheheart.com.

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