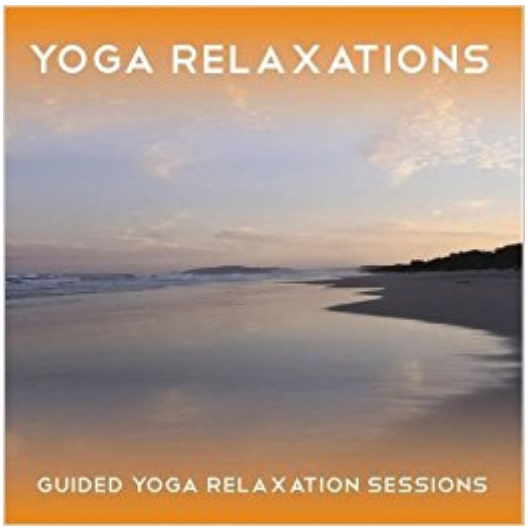
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Yoga Relaxations - Instructional CD



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Synopsis

Yoga Relaxations contains three separate 25 minute guided relaxation sessions suitable for those with and without previous yoga experience. The sessions will clear the mind, banish stress and induce a state of total muscular relaxation and deep inner stillness. The Yoga Relaxations sessions use simple and effective yoga breathing, muscle relaxation and visualization techniques that are followed whilst lying down. The clear easy-to-follow instructions (suitable for those with and without previous yoga experience) are carefully combined with subtle background music tracks that really complement the techniques and set a deeply relaxed mood and pace. The sessions are devised and instructed by Sue Fuller and were recorded in a professional sound studio. Sue is the resident yoga expert for Natural Health Magazine and is a leading yoga teacher, writer and training course author who has studied and taught yoga around the world for almost 20 years. The Yoga Relaxations sessions are accompanied by a PDF guide booklet that highlights the instructions and provides helpful hints and tips on how to get the maximum benefit from each session.

Book Information

Audio CD: 16 pages
Publisher: Yoga2Hear; 1 edition (October 15, 2010)
Language: English
ISBN-10: 190758319X
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Average Customer Review: Be the first to review this item
Best Sellers Rank: #1,630,504 in Books (See Top 100 in Books) #140 inÃ Â Books > Books on CD > Health, Mind & Body > Fitness #779 inÃ Â Books > Books on CD > Health, Mind & Body > General #3453 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Sue has been teaching both Hatha and Sivananda yoga for over 15 years. She trained with the Sivananda organisation in Neyyar Dam, India and has since continued her studies whilst teaching yoga classes and workshops in the UK, Australia, New Zealand and Thailand. Sue is the resident yoga expert at Natural Health magazine and is the author of three British School of Yoga training courses including The Pre and Post Natal Hatha Yoga Teacher Training Course and The Advanced Hatha Yoga Teacher Training Course . Sue s style of teaching makes yoga accessible to everyone.

A love of teaching and watching her students improve their levels of health and vitality inspired Sue to produce the ever growing Yoga2hear range of audio yoga sessions. The range features classes suitable for all levels of ability, mobility and experience.

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