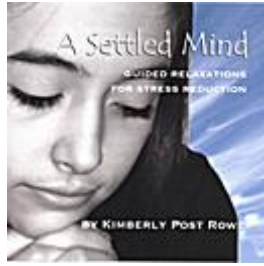


Mp3 Kimberly Post Rowe - A Settled Mind



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A user-friendly collection of guided imageries, meditations and music, designed to decrease the effects of stress and elicit the relaxation response. 5 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing

Details: A Settled Mind is a user-friendly compilation of guided relaxations for beginners and seasoned meditators alike. It was originally created as an introduction to mind-body practices for students and educators, and is appropriate for use in the classroom. Each guided relaxation utilizes a different technique more fully described in the manual and curriculum titled A Settled Mind: Stress Reduction for the Classroom and Beyond. A life-long musician, artist, writer and teacher, Kimberly Post Rowe has been leading meditation groups since 1985. She is a mentor for at-risk youth, and a childrens choir director and senior youth group advisor for Unitarian Universalist teens. Kimberly leads a weekly meditation and support group for those living with cancer, teaches yoga, and lectures regularly around New England. Through her Maine-based business Mind/Body Therapy and the non-profit Five Seeds, she is committed to bringing mind-body awareness to health care and education. Kimberly resides in Raymond, Maine, with her musician husband and two children, where she tends an organic garden and has a daily meditation and yoga practice.

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