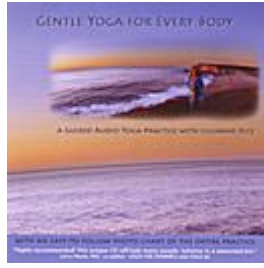


Mp3 Julianne Rice - Gentle Yoga For Every Body



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A guided audio yoga instructional CD with an easy to follow photo chart of the entire practice. 9 MP3

Songs in this album (67:32) ! Related styles: SPOKEN WORD: Instructional, SPOKEN WORD:

Educational People who are interested in Shiva Rea should consider this download. Details: Gentle Yoga for Every Body is an easy to follow yoga routine designed for all types of bodies and personalities. It does not matter if you are flexible or fit, this program is accessible and can be rewarding whether you are new to yoga or experienced. The routine is gentle and meditative yet works the entire body. It is both good exercise and a great way to prepare for meditation. How to use this CD: Listen to the CD, study and follow the included photo chart (15"x15", two sided, 96 photos). To see a slide show of the photo chart---guckn.com/photos/julirice/sets/72157606024554447/ To see the chart itself---

juliannerice.com/online_store.html "Highly recommended! This unique CD will help many people, Julianne is a seasoned pro." - Larry Payne, PhD co-author Yoga for Dummies and Yoga Rx "Julianne Rice is an inspired teacher of Hatha Yoga. Years of dedication to living the yogic life, steadfast commitment to the path of Kriya Yoga, and her background as a professional dancer profoundly influence her graceful way of teaching that supports her students' experience of the healing, joy and wisdom of Yoga." - Rev. Ellen Grace O'Brian, Spiritual Director, Center for Spiritual Enlightenment "Julianne's classes call every part of you back to yourself" Julianne Rice has recorded a guided hatha yoga instructional CD called Gentle Yoga for Every Body. Everybody and every body can do yoga, that's why it's called "Gentle Yoga for Every Body". Some practitioners feel that a Yoga CD has an advantage over a Yoga DVD. The main reason being that when practicing, it is most effective to be able to concentrate on what you are doing rather than being distracted by needing to look at a video monitor. Gentle postures are found on this Gentle Yoga for Every Body CD. The accompanying poster shows the postures in detail. * One hour

gentle hatha yoga class with double-sided photo chart included * This audio hatha yoga class is appropriate for all levels as well as those with various special needs * Excellent for beginners * Great preparation for meditation * Intro hatha Yoga, thorough exercise for the whole body

Julianne Rice Biography Julianne Rices dedication to the health and well being of all people expresses itself most fully in her teaching of yoga. Now in her third decade of teaching yoga in the Bay Area, she is the manager and primary yoga instructor for the Center for Spiritual Enlightenment in San Jose, CA. She also teaches weekly classes at Yoga is Youthfulness in Mountain View, Blossom Birth in Palo Alto and Harmony Birth in Campbell. Julianne teaches a style of Hatha Yoga that incorporates elements of Iyengar, Vinyasa Flow and Phoenix Rising Yoga Therapy. Her experience as a professional dancer also informs her teaching style. She has been on the faculty of the Yoga Educational Seminars Yoga Teacher training program for 5 years. This training was founded and is directed by Joyce Anue. She has recently produced a CD entitled Gentle Yoga for Every Body. This CD is a one hour spoken class with a poster of the poses included. As well as teaching a regular weekly schedule of Hatha Yoga classes, Julianne also currently specializes in teaching yoga classes within the childbirth education network. For the past 8 years she has been teaching at Blossom Birth in Palo Alto and most recently at Harmony Birth in Campbell. Her Mom and Baby Yoga classes have become very popular and include elements of community building, creative play, song and dance. In the recent past, she has also offered pre-natal yoga, kids yoga, teens yoga and classes for the special needs populations. Julianne was introduced to the philosophy and lifestyle practices of Yoga (in 1983) through the teachings of Paramahansa Yogananda. These teachings are referred to as Kriya Yoga. Shortly thereafter, she was initiated into the tradition of Kriya Yoga and began studying Hatha Yoga in depth. Hatha Yoga is yoked closely to Kriya Yoga. Hatha is known traditionally to be one of the best methods to clear the mind and balance the energy channels in preparation for meditation. The physical focus of the Hatha Yoga practices richly support the mental, spiritual focus of the Kriya Yoga meditation and lifestyle practices. Her knowledge of yoga philosophy and practice as well as her personal commitment to her own spiritual, physical and creative growth have contributed to her long-standing reputation as a kind, knowledgeable and trusted instructor. Building upon her knowledge, she aspires to continue to bring alive the wisdom of the Eight Limbs of Yoga through Hatha Yoga classes. Her classes challenge and nourish the body and the mind simultaneously and inspire the opening of the heart. Eager to maintain her enthusiasm, she continues to study yoga and dance extensively, teach

workshops focused on the art of breathing, facilitate individual sessions and lead yoga retreats. In addition to the credits listed, Julianne has taught at the Oracle Corporation, Good Samaritan Hospital, SRI International, Stanford University, the Harker School, Willow Glen Yoga, the Services for the Brain Injured, Los Gatos Park and Recreation, Harmony Birth Resources, Blossom Birth Services, Yoga is Youthfulness, corporate Power Camp retreats, American Musical Theater, New Families, many local gyms, small companies and schools. Julianne Rice is a member of the California Yoga Teachers' Association. Julianne is committed to being present to the possibility of love, healing and creativity. These beliefs inform her work on all levels. It is what she most hopes to share with her students. Her individualized and light hearted approach attracts students from all walks of life and generations. She loves, laughs and learns - and tirelessly inspires others to do the same.

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