

Mp3 Lori Lite - Indigo Dreams: Adult Relaxation



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Experience four straight forward, no-nonsense, stress-management techniques accompanied by relaxing music that are accepted and used by both the traditional medical and holistic communities. 6 MP3 Songs

NEW AGE: Meditation, SPOKEN WORD: With Music Details: Indigo Dreams: Adult Relaxation Guided meditation/relaxation techniques with calming music (approximately 60 minutes) by Lori Lite Experience

four straight forward, no-nonsense, stress-management/meditation techniques that are accepted and used by both the traditional medical and holistic communities. You will not find any philosophies, theories or fluff presented here because frankly, we do not have time for that and chances are neither do you.

Enjoy and learn four stress-management techniques; breathing, affirmations, visualizations and muscular relaxation accompanied by soothing, uplifting music to further enhance your relaxation experience. Now

you can watch your whole family manage stress and anxiety! BIO: Lori Lite is an author and creator of innovative books and CDs for children, teens and adults. Her own first hand experience with stress and

anxiety related ailments of weight loss, chronic fatigue, insomnia, acute gastritis and involuntary breath holding sent her searching for real techniques, for real people, living in the real world. Her Indigo Dreams

Series has been awarded the CNE Award of Excellence. Her ability to teach others in an easy, encouraging, grounded manner has made her Indigo Dreams Series a resource for therapists,

psychologists, yoga instructors, teachers and real people throughout the world. Lori is a Certified

Children's Meditation Facilitator, teacher, student of meditation and mother of three. She is proud to say that she is a real person, in the real world, successfully managing real stress. Lori Lite has interviewed

and written articles for several media outlets around the country to include interviews with "ABC Radio"

"Prevention Magazine" "CBS News", "USA Today Magazine" "Stress Free Living" Magazine and "Evolve"

Magazine. She has also been featured in several publications to include "Parents Guide New York",

"Atlanta Journal Constitution", "Atlanta Parent Magazine" and "Children of the New Earth".

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