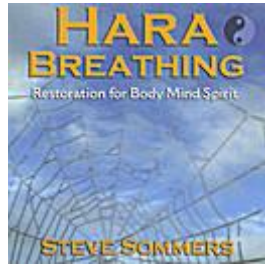


Mp3 Steve Sommers - Hara Breathing: Restoration For Body Mind Spirit



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Steve's gifted voice guides you through the ancient practice of Hara Breathing to build your energy reserves, restore your center, and experience deep relaxation. 5 MP3 Songs NEW AGE: Self-Help, NEW AGE: Relaxation Details: After years of requests, it is a privilege for me to provide you with a guided HARA BREATHING experience. Thank you for your support and encouragement. YEARS of requests . . . pretty slow moving, eh. I have been told it was worth the wait. Would you believe that this CD is really the result of falling head over heels, madly in love with Suzan Hulstrunk in 1989? A short story with a good ending follows. First, a little more info about Steve's Hara Breathing CD. Listening to the guided tracks you can restore and build your reserve energy. ... experience the healing benefits of deep relaxation. ... build a safe and calm space inside yourself that greatly reduces the effects of everyday stress. Hara Breathing is... .. an ancient, time tested method of self-care. ... powerful and effective, yet easy to learn. Now back to the story... The beautiful Suzan Hulstrunk agreed to marry me (yippee) under one condition - I would move back to Upstate New York with her to be closer to her family. Of course I would do that, only one catch. I would have to take 105 class hours of Oriental Bodywork to qualify to sit for the New York State Licensed Massage Therapist Exam. It just so happens that Basic and Intermediate Jin Shin Do Bodymind Acupressure were the classes I took. After two days in class, I knew I had been waiting my whole life to do Jin Shin Do (JSD). So, who cares, you ask... Well, Hara Breathing is an essential tool in JSD!! And that is the very short story of how falling in love with Suzan Sommers (formerly Hulstrunk) led "directly" to this CD. First, I worked to become a registered Practitioner of JSD, then an Authorized Instructor, and recently, I earned the designation Senior Teacher of Jin Shin Do. As I taught Hara Breathing to hundreds of students and clients along the way, there was more and more positive feedback

around my voice and cadence. Finally, the still small voice inside said, "NOW." So I am honored to be offering this CD to you. The good ending... Suz and I have been living, loving, playing, dancing and working together for almost 14 wonderful years. Here is some recent feedback about Steve's Hara Breathing CD: I have trouble getting to the alpha state that allows me to zone...following Steve's voice and simple suggestions really get me there. Gina Mayer I've been practicing Hara Breathing for the past year, but with the help of this CD I find that I can free myself from focusing on the process to flow with the experience. I loved it! Tess Hassencahl Thank you for this wonderful tool to go deeper inside and find the peace that lives within. I have enjoyed the depths it has allowed me to reach. Your voice and instruction on the CD are so soothing. Robyn Goodside I have been teaching, performing, travelling and giving 110 for almost 25 years. In the last few years I have learned to do it all and be wife and mother at the same time. Since 1992, Steve Sommers has been a great resource in this journey. I have learned to trust his care and wisdom for maintenance, restoration and rejuvenation along the way. I am so happy he has found a way to share some of his gifts with my students and the whole dance community. For the dance floor and for every aspect of your life, I know you will love the Hara Breathing CD" Mary Hoedeman Coniaris Master Dance Instructor If you read this far, thanks for your time and energy...I know you will love the CD and the effects it has on your everyday life when you use the tracks regularly. I wish you many moments of joy on your journey. Steve People who are interested in should consider this download.

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