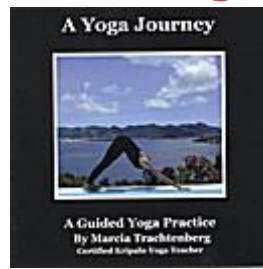


# Mp3 Marcia Trachtenberg - A Yoga Journey



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Expertly guided yoga instruction on postures and breathing with relaxing background music throughout the CD. 17 MP3 Songs SPOKEN WORD: With Music Details: Marcia Trachtenberg has practiced yoga for over 14 years and is a certified Kripalu Yoga Instructor. She studied at the Kripalu Center for Yoga and Health in Lenox, MA. She presently teaches at her own studio in Bernardsville, New Jersey.

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