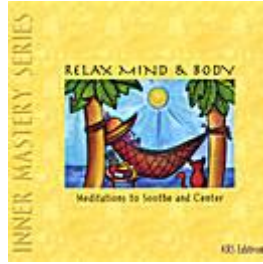


Mp3 Krs Edstrom - Relax Mind & Body: Meditations To Soothe & Center



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Discover deep relaxation skills and learn to use them throughout your day to unblock conscious and unconscious tension. Guided mindfulness meditations with gentle music create your own personal oasis of calm. Ideal for a daily tune-up. 8 MP3 Songs NEW AGE: Self-Help, NEW AGE: Meditation Show all album songs: Relax Mind Body: Meditations to Soothe Center Songs Details: ** REVIEWS QUOTES **

Selected as "MOST EFFECTIVE MIND AND BODY SOOTHER" by Fitness Magazine. "Excellent! Well researched and highly effective. I heartily recommend this tape for anyone wanting to achieve optimum health." - Shirley Koster, M.S.,R.D., Tucson Medical Center. "Inner Mastery Series is outstanding! KRS' grounding voice woven with glorious music creates a wonderfully transformational journey within." - White Swan Music "KRS Edstroms work should be a part of every cardiac rehab department library." - Shirley Koster, M.S., R.D., Cardiac Rehab Program, Tucson Medical Center "KRSs relaxation techniques have made a major difference in my life. Now I have a solution that works. One of the things I love about her work is that as a Christian I dont feel like Im doing something against my beliefs. Its straight-forward stuff while imaginative and right-brained. Since I discovered KRS I have reached a whole new level of spiritual depth as well, no longer tossed about by tension and anxious thoughts. I am so thankful I ran into her work!" - Jim Taylor ** DESCRIPTION ** Discover deep relaxation skills and learn to use them throughout your day to unblock conscious and unconscious tension. Guided mindfulness meditations with gentle music create your own personal oasis of calm. Ideal for a daily tune-up. "Relax Mind Body" teaches you how to internalize the art of relaxation. KRS uses her own unique blend of body-mind training skills such as mindfulness meditation, breathing and visualization techniques combined with age-old ones that not only delivers immediate results, but also imparts new skills to draw on for a lifetime. Endorsed by

hospitals, airlines and psychologists. Total running time for: 40 minutes. One of six audio titles in the Inner Mastery Series. "I take Relax Mind Body everywhere with me and it really has helped me relax through some difficult times (3 husbands, 4 kids and 4 grand kids) and some fun ones too. Your voice even goes on camping trips with me! I enjoy it very much." - Barb Stawicki, Federal Dept Collection Specialist, Chicago, IL Too often we "go through the motions" of life, not tuned in to what is happening internally - how our mind and body interrelate and how the outside world and our inside world interrelate. The purpose of the Inner Mastery Series is not only that you feel results after each listen, but that you develop increasingly deeper skills to serve you in all of life's challenges and excursions. Commonly considered negatives such as pain, stress and insomnia are experienced in a new, non-judgmental way that invites insight and is both growth-promoting and freeing. Once perceived enemies turn into welcome teachers. Similarly, positive and everyday events such as watching a bird soar, hitting a ball or conducting business are experienced in a more complete way; a way that enriches your relationship to self and thus the outside world. ** EXCERPT ** The first thing we're going to do is to find the tension in your body. You're going to move through your body and release the tension as you find it. Ask yourself where you are not relaxed, where you are the most tense in your body. Don't think, just let your body answer ** INNER MASTERY SERIES ** Played on USAir, United and American Airlines. Consists of 6 titles (sold separately): "Relax Mind Body," "Defeat Pain," "Conquer Stress," "Sleep Through Insomnia," "Everyday Meditation," and "Instrumentals I." This series provides new solutions to old problems of stress, pain and insomnia experienced by most Americans on a daily basis. Also effective for fear, anxiety, phobias, abuse and healing. Expert KRS Edstrom, M.S. uses her own unique blend of techniques combined with age-old ones that not only deliver immediate results, but also impart new skills to draw on for a lifetime. Music designed to facilitate listener's progress. Each audio 40 minutes. ** AUTHOR COMMENTS ** When I designed this series, I wanted to offer an effective daily relaxation tape for those with a need to unwind and re-center. One woman told me that, after a long hard day, she put on the tape and lay down on the living room floor with her dog at her side. The next thing she remembers is waking up feeling refreshed and "lighter." She swears her dog was even in a better mood than usual! ** BIO ** KRS Edstrom, M.S., is an author, lecturer, syndicated advice columnist, stress expert and meditation teacher whose work has been endorsed by major airlines, hospitals such as Cedars-Sinai and all media. Her books and meditation audios offer solutions for healthful, conscious living. Her steady selling Inner Mastery Series meditation

audios, which can be sampled on her website, offer effective solutions for stress, insomnia and pain. KRS Edstrom has been widely quoted and featured in such publications as the Wall Street Journal, USA Today, Los Angeles Times, New York Post, Chicago Tribune, Elle, Glamour, Fitness, First for Women, Entrepreneur and Kiplingers. Her book, Healthy, Wealthy Wise, is an enlightened HealthStyle Guide for busy people who want to live balanced, productive, quality lives. It includes Edstroms groundbreaking study of the health habits and secrets of America's top executives and CEOs. Edstrom has designed in-flight relaxation programming for USAir, American and United Airlines. Her Inner Mastery Series includes six audios: Conquer Stress, Defeat Pain, Relax Mind Body, Sleep Through Insomnia, Instrumentals I and Everyday Meditation. Her title Fly Without Fear is a Book of the Month Club selection for two of their catalogs (cover placement). Edstrom works with clients privately by phone and conducts transformational HealthStyle Retreats where she combines information with physical and mental fitness in relaxing spa settings. Edstroms Student Stress Management Program is implemented in the Los Angeles Unified School District. Edstrom has used her masters degree in Health Science, her study of academic and alternative health and more than 20 years of practical experience to help individuals and corporations achieve their physical, mental, emotional and spiritual goals.

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