

Mp3 Judith Day - Quiet Time, Meditations For Ease And Wellbeing



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Bells and the sound of a stream accent voice guidance to provide a restful experience of self-nurturing in this series of mindfulness meditations. 8 MP3 Songs SPOKEN WORD: Educational, SPOKEN WORD: Inspirational Details: Judith Day teaches meditation as a way to connect with your human nature with gentle honesty. She has practiced mindfulness meditation since 1975 and has been offering classes and retreats since 1990, both privately and through Kaiser-Permanente. Trained for over thirty years in Buddhist, Christian and secular perspectives, Judith has produced 3 CDs that combine ancient wisdom and contemporary medical and psychological concepts in a very simple, down-to-earth fashion. In addition to teaching meditation, Judith is a psychotherapist in Santa Rosa and Napa, California.

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