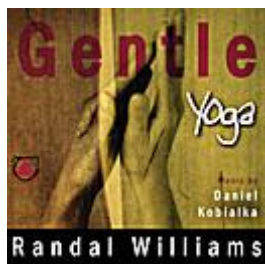


Mp3 Randal Williams With Daniel Kobialka - Gentle Yoga: Blade Of Grass



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An easy to follow yoga sequence featuring gentle and mindful joint and spine exploration that beginning and ending with guided relaxation. 6 MP3 Songs SPOKEN WORD: Inspirational, SPOKEN WORD: Instructional Show all album songs: Gentle Yoga: Blade of Grass Songs Details: Yogi Randal Williams has a study and practice of yoga that spans three decades. Since becoming a yoga teacher in 1994 he has guided yoga experiences with close to 100,000 people. Currently, he serves as a senior Yoga Teacher, Yoga Teacher Trainer and College Lecturer with the Institute for Integrated Leadership at Kripalu Center - North Americas largest holistic educational and retreat center located in the Berkshires mountains of Massachusetts. His areas of interest (HBa, M.A., E.R.Y.T.) include breathing, meditation, creativity, communication, Jungian psychology and Yoga philosophy as well as facilitating experiential learning that reconnects people with nature. Reviews Stephen Cope, senior Kripalu Yoga teacher and Director of the Institute for Extraordinary Living, writes, Randal Williams new series is pure magic: expertly guided and beautifully produced. It is soothing, calming, and invigorating--and the quality of Randals voice is enchanting. Sarah Stover, Fit Yoga magazine fityoga.com "Gentle yoga is a great compromise for those days when were so exhausted, we cant even imagine unrolling our mat to practice asana it could be just what we need to soothe our jangled nerves, get our chi flowing, and restore peace of mind senior Kripalu yoga teacher Randal Williams offers a guided practice that accomplishes exactly that. Slow-tempo, soothing vocal intructions, moans, sighs, and an emphasis on continual awareness-hallmarks of Kripalu Yoga-fill his teachings. Daniel Kobialkas music is a beautiful complement to Randals spoken instruction those with some experience and a desire for a slower more mindful approach to yoga are sure to enjoy this." Jessica Atcheson, review. Assistant Editor, Kripalu Center for

Yoga Health "Gentle Yoga: Blade of Grass is just what I need at this point in my life. As an on-and-off beginner, I had been off the yoga mat for too long; I could feel it in my body and hear it in the incessant chatter of my mind. Gentle Yoga: Blade of Grass offers a meditative, relaxing experience, creating a powerful space for reconnecting with oneself. Randals voice is soothing and calming, and Daniel Kobialkas music provides a perfect complement to Randals presence. There is a freedom within the practice that Randal offershe stresses that its about what your body needs and feels in the moment. The metaphor of a blade of grass used in the series and track titles is very apt; the session is grounding and elemental. I felt reconnected to the natural world, of which my body and I are a part, and stripped down to the essentialsmy breath, my body, the present moment. When the CD session came to an end, I was simply and beautifully aware; the internal chatter was lessened, and the tightness in my body relieved. Centered and grounded, I felt refreshed for what lies ahead and better able to navigate the external world."

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