

Mp3 Julie Russell - Rejuvenation II With Julie Russell



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A yoga class that builds energy and strengthens the body, beginning and ending in stillness. 5 MP3 Songs in this album (70:30) ! Related styles: NEW AGE: Yoga, SPOKEN WORD: Inspirational Details: Julie began her yoga practice with June LaSalvia in Nashville, TN and has deepened her own practice and teaching from the guidance of many teachers, the most influential being Erich Schiffmann. In 1985 she began working with Chung-liang Ai Huang in Tai ji, and continued her study with Cielle Tewksbury. Her focus in the Healing Arts includes therapeutic massage, art therapy, and most recently Breema. As a Breema Practitioner, she provides private treatments and integrates Self-Breema exercises into her classes. In 1989 she created The Painting Journal, a visual process for accessing and affirming ones own life. She continues to conduct painting journal workshops in homes and retreat centers. Julie received her B.S. in Education from Wheelock College and an M.A. in Art from Peabody College in Nashville. She founded and directed The Center, a school for pottery, arts and crafts, in 1977. Her enthusiastic and warm teaching style provides an atmosphere of acceptance and makes learning a joy for her students of all ages. Julie incorporates her New England upbringing into the lush green of Tennessee where she has lived, raised three children, and taught from the early 1960s.

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