

Mp3 Sonya Shelton - Being Present - Meditations For Life



[DOWNLOAD HERE](#)

A collection of guided meditations designed to increase clarity, mindfulness and awareness, while reducing stress. Meditations vary in length so you can fit them in to your busy schedule. 5 MP3 Songs

NEW AGE: Meditation, NEW AGE: Self-Help Details: Sonya Shelton, the founder of Being Present to Win, was trained as an instructor of the Mindfulness-Based Stress Reduction (MBSR) program at the University of Massachusetts Medical School Center for Mindfulness. The MBSR program was created at the University of Massachusetts in 1979 by Jon Kabat-Zinn, and since then has been proven effective in reducing stress by two decades of published research. Sonya has been practicing meditation for more than 13 years and has taught meditation in various professional and academic settings, including the University of Southern California and Pasadena City College. She has a background in communications and has personally applied the tools in the Stress Reduction program in many stressful, deadline-driven work environments, including publishing, advertising, and corporate communications. Sonya earned her Masters of Science in Organization Development from Pepperdine University, where she researched the effectiveness of mindfulness meditation on employee attitudes during organizational change. People who are interested in should consider this download.

[DOWNLOAD HERE](#)

Similar manuals:

[MP3 Meditations For Life - Christ New Age Meditation](#)

[MP3 In Color - In Color \(the Lamp Album\)](#)