

Mp3 Yirser Ra Hotep & Master Atiba Y. Jali - Journey To Amenta



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Instructional Details: This is a 2-CD set featuring on CD-#1, detailed instruction and guideance through excersizes in Kemetic Yoga. This is an ancient form, designed to give the participants good health, well being, mental and physical strenth and personal peace. CD#2 is music without vocal instruction. The yoga excersizes can be practiced at your own pace and the mucic can be used to create a relaxing atmosphere for reading, relaxing or creating a peaceful ambience in your environment. Practicing Kemetic Yoga can be a beneficial activity for the whole family to enjoy.

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