

# Mp3 Amber Wolf, Phd - Yoga ~will Set You Free



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This is the Yoga Revolution. Amrit Yoga is the Posture of Consciousness and an innovative approach to yoga that will transform your practice and your life. Created by Yogi Amrit Desai, the originator of Kirpalu Yoga. 14 MP3 Songs in this album (49:57) ! Related styles: NEW AGE: Yoga, NEW AGE: Healing  
Details: My yoga journey has spanned 3 decades (plus) and no one believes my age; yoga is the reason! My regular studies and practice of yoga has elevated all of my abilities for creating a healthy, happy life. The Yoga CD I've created is applicable for beginners as well as those looking to deepen their practice. This style of Hatha Yoga, know as Amrit Yoga is focused on intention for healing, going to your physical edge and using the depth of the postures for creating and circulating energy in the body. This style of yoga is unique in focus; in the 'second half' of the posture, a place of mediation and deep stillness. This is known as 'mediation in motion'. Any person, any level of fitness can use the healing of yoga postures to change their lives!

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