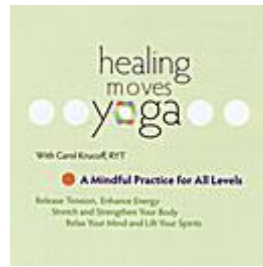


Mp3 Carol Krucoff, Ryt - Healing Moves Yoga



[DOWNLOAD HERE](#)

Warm and engaging Yoga instruction to relax the mind, stretch and strengthen the body and lift the spirit. 5 MP3 Songs in this album (71:49) ! Related styles: NEW AGE: Yoga, SPOKEN WORD: Instructional

People who are interested in Shiva Rea should consider this download. Details: Whether you're new to yoga or a seasoned practitioner, this guided audio practice brings the deeply nourishing experience of Carol's popular yoga classes into your own home. A Yoga Therapist at Duke Integrative Medicine in Durham, North Carolina, Carol specializes in creating individualized yoga practices for people with health challenges and in adapting yoga for specific populations-ranging from seniors to athletes. Healing Moves Yoga is designed to release tension, enhance energy, stretch and strengthen your body, relax your mind and lift your spirits. Carol's calming, clear voice is accompanied by music from Bija, Music and Mantras for Yoga and Meditation, by acclaimed musician and yogi Todd Norian. A Posture Guide is included. The CD is divided into five sections, so you can do just one section, two, three, four or all five, depending on your time: 1. Centering and Breathing (12:24), Uniting mind and body through the breath 2. Warm Ups (17:09), A whole-body stretch, plus some strengthening postures 3. Standing Poses (15:37), Strength and balance postures with some stretching 4. Lying Down Poses (13:04), Back strengthening and stretching postures 5. Relaxation (13:37), Guided head-to-toe tension reliever. Carol is also certified as a personal trainer and earned a second-degree black belt in karate. An award-winning journalist, she served as founding editor of the Health Section of The Washington Post, and her articles have appeared in The New York Times, Reader's Digest, Yoga Journal, Prevention and Health. She is co-author, with her Duke University cardiologist husband, Mitchell Krucoff, MD, of "Healing Moves: How to Cure, Relieve and Prevent Common Ailments with Exercise." She created this CD in response to student's requests for help in establishing a home practice.

[DOWNLOAD HERE](#)

Similar manuals:

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