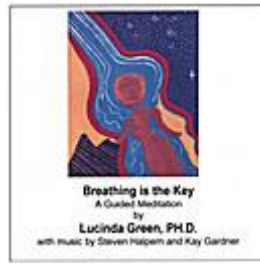


# Mp3 Lucinda Green - Breathing Is The Key



[DOWNLOAD HERE](#)

Guided meditations. 5 MP3 Songs NEW AGE: Relaxation, NEW AGE: Healing Details: Most of us are shallow breathers. Discover a tried and true method of increasing your lung capacity, resulting in high vitality and deep relaxation. Your body will feel as though it is floating on a cloud! Imagine letting all your cares dissolve, aches and pains melt away, as a soothing voice guides you to breathe deeply, easily and freely. Through this guided meditation you will learn four invaluable stages of the breathing process. Following the four step instruction you will learn how to effortlessly allow the complete movement of the breath throughout your body, versus engage in the habitual forcing or holding of the breath. Relaxing the arms, legs and diaphragm are included as well. This is a 2CD set designed to bring complete relaxation to your entire body Disc One 54 Minutes Disc Two 47 minutes Music by Steven Halpern and Kay Gardner Lucinda Green, Ph.D. is regarded as a pioneer in the fields of mind/body integrative psychotherapy, complementary medicine, and spiritual growth and has been working in these fields since 1973. With a Ph.D. in Transpersonal Counseling Psychology, Dr. Green currently has a private practice in Colorado Springs, CO and leads seminars and workshops throughout the United States and Europe. lucindagreenphd.com Trained as well in Gestalt, Psychosynthesis, Educational Learning Styles, Whole-Brained Integration, Specialized Kinesiology, and Buddhist meditation, she specializes in diverse mind/body approaches to psychotherapy, stress management, learning enhancement, and peak performance. In the course of her career, she has lived and studied both in the United States and overseas in Europe, Mexico, India and Sri Lanka. In addition to her professional career as a psychotherapist and educator, Dr. Green founded Rocky Mountain Insight in 1999, the first Buddhist center in Colorado Springs, CO., where she teaches Buddhist Dharma and trained others in Vipassana meditation. See [rockymountaininsight.org/](http://rockymountaininsight.org/) for details. An inspired and engaging lecturer and educator, Dr.

Green has produced numerous recordings of guided meditations for living a balanced life, breathing techniques for stress reduction, and Dharma talks for spiritual growth.

[DOWNLOAD HERE](#)

**Similar manuals:**

[New Age Healing Music For Chillout. Relaxation. Meditation. Yoga. Tai Chi. Reiki. Deep Massage. Spa. Zen. Spiritual Rituals. \(MP3 Album\)](#)

[New Age Healing - Royalty Free Music](#)

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