

Mp3 Jenny Garrison - Gentle Yoga With Jenny Garrison



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This yoga class CD is sweet and gentle, but moves along with great instruction, cues, and a focus on what is happening inside and staying with your own body and its rhythms. 5 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: Jenny Garrison is a Kripalu yoga teacher, registered nurse, and personal imagery guide. In this CD, she leads you through a complete gentle yoga class. Her delicious voice and clear guiding will take you through 5 tracks of instruction, which include an introduction, a centering based on breath awareness and the three part yogic breath, warm-ups, postures, and a deep relaxation. Examples of how tracks can be used individually are as a warm-up for sports activities, or as an aid in winding down and stress release. Voice is accompanied by soft and centering music in the introduction and the relaxation.

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