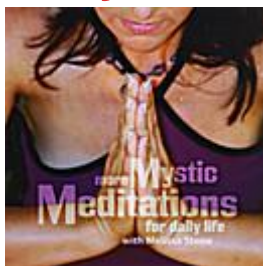


Mp3 Melissa Stone - More Mystic Meditations For Daily Life



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With eight meditations to help in stress relief. Three meditations from my previously released two DVDs and five new ones that help with healing pain, negative emotions and sleep. 9 MP3 Songs NEW AGE: Meditation, NEW AGE: Self-Help Details: Melissa Stone runs Balance Studio, a successful full service Holistic Spa and Fitness Studio in the Santa Cruz Mountains. She has produced two DVDs and two CDs and currently co - hosts a radio talk show in Santa Cruz. Melissa is frequently quoted and has several articles published on the subject of holistic health. She is the fitness writer for Belly Dance Magazine. Her focus and intention is that of helping others find balance in their lives, using tools including fitness, body/energy-work, meditation and nutrition. She knows what it feels like to be overweight, depressed and lacking in self esteem. After suffering for years she took matters into her own hands. Finding a Yoga and Pilates practice was just the beginning of a life long journey towards wellness. A graduate from Cypress Health Institute Santa Cruz, CA along with completing many other classes in massage, polarity and fitness. Gaining the knowledge of a whole holistic practice that includes exercise, body/energy-work, and meditation. Re-shaping her own body and her life using these tools. She decided to give back and pass on this knowledge to help others. Opening Balance Studio Spa in the beautiful Redwoods mountains of Santa Cruz in 2003, leaving her 20 year long career working in the Corporate setting. Melissa found the key to changing her life, was to change the way the energy flowed through her body. Gathering the energy and clearing her own energy blocks allowing the healing energy to flow openly through her, changing her path. These energy centers (found in the Chakra System or central nervous system) are her focus when working with clients. Helping them to understand what the Chakras are and how to recognize when they are out of balance is the key to putting them back in balance. This CD will bring on the effects of Healing your body and has meditations to help you thorough your daily life. Using these will help you to

sleep better, learn how to protect your energy and vent away your frustrations all in the comfort of your own home. Look for Melissa's Mystic Meditations DVD to show you how to visualize and my Groovy Goddess workout to teach you Yoga and Pilates includes her Chakra Meditation. People who are interested in Deepak Chopra should consider this download.

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