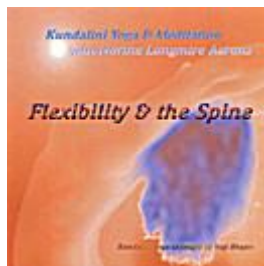


Mp3 Norine Longmire Aarons - Flexibility And The Spine



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Explore your physical, mental and spiritual potential with the Kundalini Yoga and Meditation. 7 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: With Music Details: Biography (Norine Longmire Aarons) (See last paragraph for PDF file included with purchase of CD) Being a yoga teacher was not in my life plan. I was moving comfortably along changing jobs every three or so years and dedicating my spare time to practicing Aikido (Japanese Martial Art). I knew I wasn't really happy but it was an existence. Then a new friend told me I could be better at martial arts if I studied yoga. I was disbelieving. After a year, I decided to go to a Kundalini Yoga class offered in Vancouver's Yoga West. Then another, and another. Yoga crept up on my life and moved through the back door of my consciousness. It was patient and persistent, and almost without me knowing I began to change my life. A beginning a long time in the making; a slow and steady building of an inner fire that now burns into the way, I speak, act, live, relate and sometimes grow. I've been teaching Kundalini Yoga and Meditation since 1998. Since moving to British Columbia's beautiful Fraser Valley, I have had the opportunity to teach in schools, universities, fitness clubs, specialty clubs, and recreation centres. Now, with my own cozy studio, I'm blessed by the students that come into my life and to expand my own knowledge of Kundalini Yoga and grow in the philosophy. I now offer workshops and specialty classes for Anxiety and Depression; Yoga for the Chakras; Advancing Asana and Meditation classes; along with regular drop-in classes during the week. You can learn more about these classes on my website. jewelledlotus This CD comes with a PDF file (a visual support for the yoga set) that includes colour pictures and descriptions of the 16 postures and movements in Flexibility the Spine set. Email me the product code on the back of your CD and I will send you (via email) the 2 page file. nlaarons@shaw.ca

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