

# Mp3 Beryl Bender Birch - Breath And Bhandas



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This class consists of one hour and fifteen minutes of practice and fifteen minutes of rest with a closing Om. The emphasis is primarily on flow with general instructions for alignment. (continued) 2 MP3 Songs

NEW AGE: Yoga, SPOKEN WORD: Instructional Details: This class consists of one hour and fifteen minutes of practice and fifteen minutes of rest with a closing Om. The emphasis is primarily on flow with general instructions for alignment and some detailed explanation for postures like Virasana (Hero Pose), Janu Sirasana (Single Leg Forward Bend), Marichyasana A, Bekasana (Frog) and Urdhva Dhanurasana (Upward Bow). PROPS: None LEVEL: Intermediate LENGTH: 1 hour, 34 minutes STYLE:

Astanga/Power Vinyasa Yoga Beryl Bender Birch, a renowned visionary and author of Power Yoga and Beyond Power Yoga, has been an avid student of yoga and the study of consciousness since 1971. With degrees in philosophy and comparative religion, Beryl has traveled extensively in India, has been teaching yoga for 33 years, and training yoga teachers as spiritual revolutionaries since 1980. In 2000 she was named by Yoga Journal as one of only seven American women in their Innovators Shaping Yoga Today issue. She is the director-founder of The Hard The Soft Yoga Institute. People who are interested in should consider this download.

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