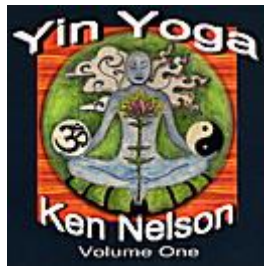


Mp3 Ken Nelson - Yin Yoga Volume One



[DOWNLOAD HERE](#)

Soothing, meditative yoga for hips, spine and low back. Preserves and enhances flexibility and range of motion. Long-held floor poses to awaken vital energy, relieve chronic joint tension and rehabilitate connective tissue. Feel relaxed, light and free. 9 MP3 Songs in this album (77:54) ! Related styles: NEW AGE: Yoga, NEW AGE: Healing Details: Ken Nelson, PhD, senior teacher at Kripalu Center kripalu.org, guides you slowly and safely in a posture sequence for joints, bones and fascia. Ken's soothing voice leads you into meditative states of greater awareness, finishing with a deep relaxation. This 70-minute sequence can be shortened and modified to suit your needs. It complements any active yoga practice and is suitable for all levels. 2008 by Ken Nelson SacredHealingArts.net

[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 \(the Lamp Album\)](#)