

Mp3 Sean Johnson - An Hour To Unwind



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This hour-long class begins by lying down and being led through an opening meditation to center your awareness. Then explore a series of hip-openers to dissolve tension in your legs and hips. (continued) 1
MP3 Songs NEW AGE: Yoga, SPOKEN WORD: Instructional Details: This hour-long class begins by lying down and being led through an opening meditation to center your awareness. Then explore a series of hip-openers to dissolve tension in your legs and hips, reclining and seated. Move through a selection of standing postures to tone the legs, loosen the shoulders and bring suppleness to the back. And then surrender into tranquility with a closing period of rest and relaxation. PROPS: None LEVEL: Experienced Beginner LENGTH: Approximately 1 hour, 8 minutes STYLE: Serenity Yoga Sen Johnson is the founder of Wild Lotus Yoga in New Orleans LA and a professional Kirtan leader and recording artist. Sean teaches three styles of classes: serenity, power and vinyasa. People who are interested in should consider this download.

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