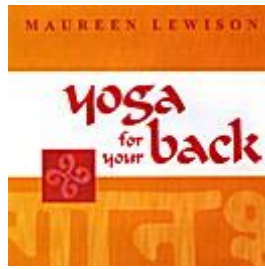


Mp3 Maureen Lewison - Yoga For Your Back



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This gentle yoga class is designed to strengthen the core muscles that support your back and release the tensions that may cause back pain - just listen and follow the simple instructions. 5 MP3 Songs in this album (40:44) ! Related styles: NEW AGE: Yoga, SPOKEN WORD: Instructional Details: Beloved and respected yoga teacher Maureen Lewison, has been practicing and teaching yoga for more than 30 years. Maureen is a certified Kripalu Yoga teacher, and holds the RYT certification (registered yoga teacher). Maureen also holds two Masters degrees from Harvard University and the University of Oregon. At her popular Island Yoga Center near Seattle, Washington she guides classes with her unusually soothing voice through the classic Patanjali's Astanga Yoga, emphasizing Hatha, Tantric and Kundalini traditions. She has produced several audio CD volumes including: Yoga Nidra, Yoga From Your Chair, 21 Day Journey into Yoga, Vigorous Practice and Gentle Practice.

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