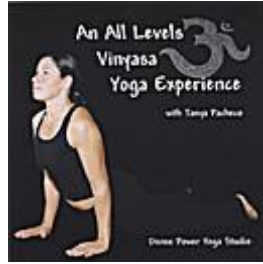


Mp3 Tanya Pacheco - An All Levels Vinyasa Yoga Experience



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ALL PROCEEDS FROM THIS CD ARE DONATED TO THE AMERICAN RED CROSS FOR THE KATRINA RELIEF FUND. This CD is fit for the beginner to intermediate practitioner. This challenging practice on audio CD is a great addition to your home practice or when traveling. 9 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Instructional Details: Tanya Pacheco is the founder of the Divine Yoga Spinning. We opened our doors in 2003 with a mission to offer yoga to the local community and raise money for local charities through Charity Rides, Yoga-thons, and other events. Tanya volunteers at local shelters and soup kitchens. During the summer she drives to Cape Cod with her daughter and a trunk full of mats, to offer free yoga at the local park, usually located near the coast. Families from everywhere have come to take her class. Some have even come back the following year looking for her. Her love for Yoga began at age fourteen when her fathers gym hosted its first Yoga class. Since that time she has studied with various teachers of different styles, and has become certified in power vinyasa yoga. She is now working on a new book, and her DVD is due out next fall.

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