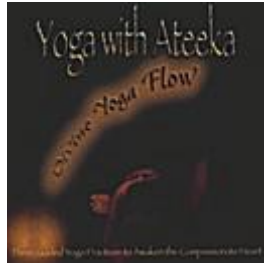


Mp3 Ateeka - Divine Yoga Flow



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Three guided deep yoga practices to awaken your compassionate heart 17 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Meditation Details: ABOUT ATEEKA: Ateeka is a certified Integral Yoga instructor and registered Yoga Teacher with the internationally recognized YOGA ALLIANCE. Her approach to Yoga is compassionate, authentic, light-hearted and rooted in the core traditions of meditation. She has been practicing Yoga for nearly 15 years and teaching Vinyasa Flow, Integral Hatha and Restorative Yoga since 1997. Ateeka shares Yoga to open the heart and soul to the shimmering brilliance of the Divine Spirit. She currently lives in Italy and Hawaii and teaches workshops and retreats worldwide. ABOUT DIVINE YOGA FLOW ASANA WITH HEART AND DIVINE INTENTION CD 1 EMPOWER - Dynamic Vinyasa Yoga Core Practice Access your inner strength and vital life force energy with this 70 minute Practice. Enjoy seated warming postures and pranayama; followed by Dynamic Sun Salutations, a strong "Enlightened Warrior" Standing asana flow, Heart Opening Backward Bends, Meditative Forward Bends, Inversions and Deep Guided Savasana. Allow yourself to reconnect to Spirit and Divine energy to give life and deeper meaning to your practice. CD 2 ENLIGHTEN - Gentle Vinyasa Yoga Yin Practice Soften into a flowing Gentle Yin practice to quiet the mind, open the heart and liberate the body from holding and tension. Ideal for any level, this 70-minute practice includes Warming Postures, Gentle Sun Salutations, Classic Hatha Standing Postures, Energizing Backward Bends, Meditative Forward Bends, Inversions and Deep Guided Savasana. Cultivate deep awareness of breath and allow your inherent Buddha Nature to emerge in each asana. CD 3 BREATHE - Pranayama for Meditation Awaken prana, oxygenate the cells and clarify the mind with this 40-minute guided breathing and meditation practice. Prepare the body, mind and emotions for seated meditation with 4 different pranayama practices, suitable for any level of experience. The sacred song of your breath will help you to

reconnect to deep trust and surrender in the Divine that flows through you always. Yoga with Ateeka P.

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