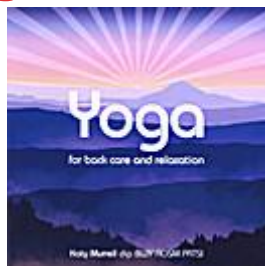


# Mp3 Katy Murrell - Yoga For Back Care And Relaxation



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Clear, precise instructions for home yoga practice - guiding you through each stage with ease. 2 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Yoga Details: Katy Murrell's new Yoga CD for back care and relaxation gives clear, precise instructions for home practice - guiding you through each stage with ease. The CD includes remedial stretches for shoulder, neck, back and sciatic pain - including posture corrective exercises and deep relaxation with powerful affirmations, and features harp music by Oshia Drury. The combination of gentle yoga, relaxation, deep breathing and positive affirmations can heal effectively on all levels - physical, emotional and spiritual. Anyone who wants to improve their health and quality of life will find this style of yoga invaluable. Katy Murrell first encountered yoga in 1973. She trained with and received a diploma from The British Wheel of Yoga and went onto complete 3 years of training with The Life Foundation School of Therapeutics. Katy has been teaching yoga since 1991 - she lives and loves what she teaches. Katy runs yoga classes in Dorset and also offers 'Kidzone Yoga' to childrens and youth groups. People who are interested in should consider this download.

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