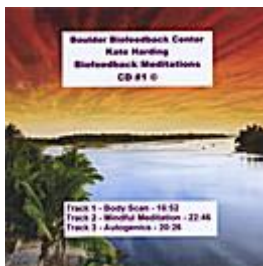


Mp3 Kate Harding - Biofeedback Meditations, Vol 1



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This volume contains three different twenty minute (approximate) deep relaxation exercises. With her beautifully soothing voice, Kate Harding will help you rebalance internally and achieve a greater sense of well being. 3 MP3 Songs in this album (60:08) ! Related styles: NEW AGE: Healing, NEW AGE: Meditation Details: KATE HARDING, born and raised in Chicago, didnt just dream of nursing, she decided on it as a child. At eight she had a career goal: to be as kind and compassionate as the nurses shed come to know while hospitalized for appendicitis. Kates passion remained and she attended nursing school in Chicago and later advanced studies as a nurse practitioner in Denver. A CHANGE IN DIRECTION: After more than twenty years in the field of nursing, Kate began looking into other career opportunities. Her natural ability to care for others led to a passion for teaching them how to better care for themselves. When she looked into the field of biofeedback, it seemed to be a perfect fit and a natural extension of her background. BIOFEEDBACK is a treatment technique where people are trained with the aid of instruments, to improve their health by paying attention to their own bodys signals, identifying unhealthy physiologies, and then learning how to change those unhealthy physiologies that create illness. Biofeedback has been proven to help with ailments such as migraine headaches, chronic pain, stress management high blood pressure, insomnia, anxiety, panic attacks and much more. Believing that biofeedback incorporated the best aspects of her nursing experience- mindfulness, teaching, empowering others, being a good listener and providing support- Kate fulfilled professional requirements and obtained certification as a biofeedback therapist. THE BOULDER BIOFEEDBACK CENTER, LLC, was established by her in 1999, with the goal of providing individualized care from a holistic nursing perspective. The biofeedback meditations, Relax and Breathe CD, and the BreathBar were created to assist her clients. These tools are resources for her clients and now anyone with a desire to achieve higher levels of health

and well being. Kate lives in Boulder, Colorado, with her husband, Jim. When away from the office she cherishes the time spent visiting and laughing with family and friends, hiking, gardening and playing with her dog, Lindberg. MINDFUL MEDITATION - Mindfulness is the practice of being. It origins are in Zen Buddhism and Hatha Yoga, and pertains to living in the present moment. This exercise leads you through what you are experiencing in each moment of your meditation, allowing you to become completely relaxed and present. BODY SCAN leads you through the relaxation process of observing and then relaxing all the different muscle groups in your body. Moving your focus from one muscle group to the next, you will progressively become more deeply relaxed. PROGRESSIVE MUSCLE RELAXATION counteracts muscle tension, one of the adverse effects of the stress response. Progressive muscle relaxation is an exercise where you actively participate by following cues to tense and then relax various muscle groups in your body. It leaves your body loose and relaxed and your mind quiet.

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