

Mp3 Neal Arbic - Peaceful Meditations



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Meditation is yoga for the mind. Just like the poses relax the body, meditation relaxes the mind. This is a step-by-step course, with a 10, 15 and 20 minute meditation. Neals voice guides you with full instructions, plus tips. Everything you need to prac 8 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details:

"Stress is thinking of what you have to do next, and not being aware of what you are doing right now. This is the only moment you need to get right. Take care of the present moment, and the next moment will naturally take care of itself. So, no worries, relax, life is right here, right now - one moment at a time."

-Neal Arbic Neal Arbic has appeared on TV and radio nationwide and is author of Yoga for the Soul. He began practicing and studying Yoga over 24 years ago. Trained and certified at California's prestigious Ashtanga Yoga Institute, Neal has been a full time Yoga instructor since 1990. He has taught thousands of people and been offered positions with corporations such as Husky, Orenda Aerospace and Ford. "I have used a variety of other CDs and tapes, and I find I much prefer the pace and the glorious feeling of peace/harmony that your program offers." - Joan Burek "I loved doing the CD at home. Your voice is amazing and so soothing." - Monica Serin "Neal is an inspiring man who has such a calming aura; it is hard to believe that a person could be so calm and happy (so happy). He is full of charisma, knowledge, and spirit. I am amazed at the impact he has had on me. I still feel his presence, and it has been two days since the workshop." -Debbie Murphy

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