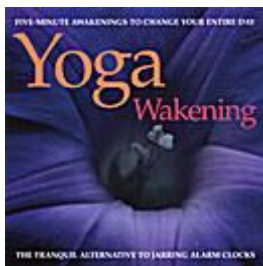


Mp3 Lisa Reagan And Suzanne Jackson - Yogawakening



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A peaceful way to awaken your body, mind, and spirit using the sound of progressively spaced soft chimes, followed by gentle yoga stretches and beautiful music. 5 MP3 Songs NEW AGE: New Age, SPOKEN WORD: With Music Details: "To affect the quality of the day, that is the highest of the arts." Thoreau The way you awaken each morning can affect your entire day. With YOGAWAKENING, you will never experience sudden heart-racing or body-jarring shock as a shrieking clock screams you into wakefulness. Instead, gentle chimes invite you to wake slowly and naturally, with two beautiful instrumental melodies further supporting your rise from sleep into readiness to embrace the Sunrise Stretch and Sun Salutation yoga postures. Five or ten minutes in the morning is manageable and has the capability of changing the quality of the listener's entire day. YogaWakening can be used in a CD alarm clock for awakening or in a traditional CD player for gentle chimes and yoga stretches. Easy to follow verbal and written instructions are included. Suzanne Jackson, a yoga teacher and director of the Awakening Arts and Yoga Center, created YogaWakening because her waking routine did not reflect what she was teaching in her yoga classes...be gentle and honor your body. She found that she was rising in the morning with a jolt to her system from the alarm clock which caused her heart to race. It took her body a few minutes just to calm down after she turned the alarm off. Lisa Reagan, composer, and president of Stillpoint Records in The Plains, Virginia created the music to accompany the routines. Lisa and Suzanne are longtime friends and have collaborated on projects such as YogaWakening and the DVD YogaSing, Yoga for Singers and Performers. Lisa explains the creative process, "We wanted the music to capture the mood and energy of the morning so as Suzanne did the routines, I composed the music by watching every subtle movement. We are both musicians and feel the music is just what we envisioned." About The Artists- "YogaWakening" Suzanne Jackson combined her extensive training in

yoga and voice to design a yoga for singers program entitled "YogaSing". She is currently on the faculty of The Washington Opera's Young Artist Program of the Americas and Opera Delaware's Artist Workshop. She has been featured in Opera America and writes a monthly column for Classical Singer Magazine. She holds a Masters Degree in voice from the University of Maryland. She is the director of the Awakening Arts and Yoga Center in Wilmington, Delaware where she teaches weekly yoga, music, and YogaSing Kids classes. Her DVD "YogaSing" yoga for singers and performers and children's book, Penny the One of Kind Piano will be released in Fall 2003. In addition to collaborating on "Yogawakening", Lisa and Suzanne recently completed a Yoga DVD for performers and singers, entitled "YogaSing" which was produced by Alvaro Domingo and ADO Productions, Inc. Lisa Reagan is a diversely talented singer, composer and recording artist and the President of Satori Productions, Inc., an independent music production company based in Virginia. Her debut CD, "Satori", showcases her angelic voice and poetic lyrics, combining mystical chants with driving rhythms and haunting melodies. She is currently working on her second CD with five-time Grammy winner John Jennings, which will be released spring 2004 on her independent label Stillpoint Records. Lisa holds a Masters Degree in voice from the University of Maryland, and a Bachelors Degree in piano. She has performed as a soloist at The White House, The Kennedy Center for the Performing Arts and many other theaters in the United States and around the world. For the past twelve years she has been a resident singer with The Washington Opera. In addition to having her own private voice studio, Lisa is a professor of voice at Shenandoah University Conservatory of Music. She is also a certified Kundalini Yoga instructor and Reiki Master healer.

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