

Mp3 Krystal Spa - Krystal Walden - Breathe Deeper?



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Indulging in this krystal healing experience you will create the comfort back into your body, positive thoughts back into your mind, and motivation, confidence, and faith back into your spirit. 7 MP3 Songs

SPOKEN WORD: Poetry, SPOKEN WORD: Instructional Show all album songs: Breathe Deeper Songs

Details: The loss of a beloved mother to asthma, less than a year ago, is what has motivated and inspired Krystal Walden to develop this BREATHE DEEPER: A Guided Meditation CD. A breathing regimen that will help anyone; from asthma sufferers, stressed individuals, and athletes; to strengthen their breathing ability to help achieve a better quality of life. Life starts and ends with the breath. Krystal Walden was diagnosed with exercise-induced asthma at the age of 8 years old. Paralyzed to the medicated inhalers every time she wanted to run, play basketball, or volleyball. Krystal over came the use of medicated inhalers when she was taught how to breathe properly during exercise and sporting activities through yoga breathing techniques. Like any other human being, Krystal Walden also suffered from high levels of stress. A period of prolonged stress can manifest itself into dis-ease of the body; such as high blood pressure, raised cholesterol levels, anxiety, depression and insomnia. Krystal learned that a form of deep breathing and relaxation is needed for her to disperse severe stress of the body, mind and soul. This BREATHE DEEPER: A Guided Meditation CD is an escape from the stresses of everyday life. CD tracks that focus on breathing; to aid in the release of your bodys aches and pains, your minds self-mutilating thoughts and your spirits lack of confidence and self-faith. While creating the comfort back into your body, positive thoughts back into your mind, and motivation, confidence and faith back into your spirit. This BREATHE DEEPER: A Guided Mediation CD is universal and can be used anywhere from the office to the beach, by anyone from beginner to advanced.

Walden is the Founder/CEO of KRYSTAL SPA, a health and fitness spa devoted to the healing arts. Her remarkable commence into entrepreneurship resulted from a career boomerang. From the age of 8, Krystal became an accomplished 100 and 200 meter runner. Her execution and excellence in academics and athletics earned her scholarships to the University of California, Los Angeles. There she earned a B.A. in Sociology with an emphasis in Psychology. Krystal also competed as a World-Class Track Athlete trained by the best, Brooks Johnson, Bobby Kersee (husband of Jackie Joyner-Kersee), Jeanette Bolden, the UCLA athletic weight training staff, and the UCLA athletic diet/nutrition training staff. While in college, Krystal began her corporate career path in the fashion industry where she soared into an associate buyer position for Guess? Inc. and then Macy*s West. However Krystal had reached a point in her corporate career path where her soul and spirit was no longer fulfilled in the fashion industry alone; her athletic nature was craving for attention. That epiphany motivated Krystal towards an entrepreneurship in the health and fitness industry. In 2002, Krystal developed the business concept of KRYSTAL SPA when she took notice the absence of health and fitness awareness within most spa facilities of today. In 2003, Krystal began her intensive yoga therapy studies at Bikram Yoga College of India, trained by the world renowned Bikram and Rajashree Choudury. Krystal successfully achieved the credentials of a Certified Yoga Teacher. Krystal continues to deepen her yoga therapy studies at Forrest Yoga Institute, trained by the world renowned Anna Forrest and Jonathan Bowra. To balance out her knowledge of the human body, Krystal studied Massage Therapy at the Institute of Psycho-Structural Balancing (IPSB), a school of holistic body therapy. There she successfully achieved the credentials of a Certified Massage Therapist. Krystal Walden brings to the health and fitness spa, over 20 years of experience as a competitive athlete; offering her unique fusion of athletic gifts and accreditations. With the kind of strength, flexibility, balance and compassions that Krystal posses there is no doubt that she will meet her goals, to enhance the global image of how to live a stronger, healthier, and balanced lifestyle. To learn more and to book Krystal Walden for a workshop, visit KrystalSpa.com. Namaste

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