

Mp3 Janette Ahrndt - Move With Spirit, Meditations To Move Within, Volume 2



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Inspirational guided meditations to connect mind, body and spirit 7 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: I am excited to share my meditation CDs with you. Listening to the soothing guitar music and peaceful voice is an easy way to enjoy daily inspiration and relaxation. I am worn out There isnt enough time in the day I ache all over If these phrases sound familiar, in a few minutes a day these CDs will change your experience. The meditations allow you to connect inside. After listening to even one meditation you feel refreshed with body calmness and energized with mind clarity. Enjoy! Janette Janette M. Ahrndt, MPT is the owner and co-creator of Source Balancing Physical Therapy. Here we focus on body systems and facilitates wellness, healing and regeneration from the inside out. Clients experience a blending of western and eastern methods and modalities in a safe, supportive environment. The magical journey allows the bodys intuitive wisdom to restore natural balance. Results include: pain relief, restored healthy physical function, and life-long tools to apply to future needs. Integrating movement and posture re-education into simple, usable forms which expand an individuals vitality for daily activities is one of Janettes specialties. Janette holds a Masters of Physical Therapy from the Mayo School of Health Sciences, in Rochester, MN and is licensed as a Physical Therapist in Washington, Minnesota, and California. She is a certified Pilates Instructor (PhysicalMind Institute, New York), with experience in both rehabilitation and fitness approaches for individuals and groups. Currently, she is completing her apprenticeship in the GYROTONIC method of exercise. Janette utilizes unique approaches to reach the source of pain, imbalance and dysfunction by combining conventional medical training with extensive study and training in complementary care modalities such as CranioSacral Therapy, Lymph Drainage Therapy, and Myofascial Release. Janette passionately shares

what she loves and teaches from a place of experience.

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