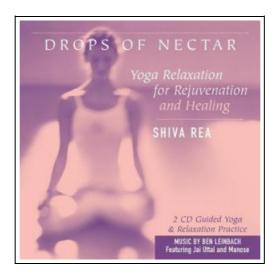
Drops of Nectar: Yoga Relaxation for Rejuvenation



Filesize: 8.36 MB

Reviews

Here is the finest ebook i have got read until now. It really is simplistic but excitement within the 50 percent in the book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Lupe Connelly)

DROPS OF NECTAR: YOGA RELAXATION FOR REJUVENATION



SOUNDS TRUE INC, United States, 2003. CD-Audio. Condition: New. Abridged. Language: English. Brand New. One of the great pleasures of yoga is the relaxation session or shavasana traditionally offered at the end of a class. When taught skillfully, shavasana invokes the flow of energetic nectar down the spine to permeate the entire body with blissful energy. Now, with Drops of Nectar, yoga practitioners can experience this rejuvenating dimension of yoga at home and at their convenience. Taught by acclaimed instructor Shiva Rea, this immersive two-CD program guides listeners through: Yoga Nidra, a relaxation method that works with 36 areas of the bodyTension release through the five koshas (layers) of the bodyA special meditation for healing areas of pain and blockageLunar Shavasana an effective means to rest the sense organs and induce deep and restful sleepAwakening the Lotus, a chakra-based meditation, and moreUsed as a complement to one s existing yoga practice or on its own, Drops of Nectar will serve as valuable resource for anyone seeking to explore the healing traditions of yoga.



Download PDF Drops of Nectar: Yoga Relaxation for Rejuvenation

You May Also Like



Billy's Booger: A Memoir (sorta)

Atheneum. 1 Cloth(s), 2015. hard. Book Condition: New. From what might not sound like the most promising title (at least to grown-ups), William Joyce introduces readers 6 to 8 to his younger self Billy Joyce,...

Read ePub

»



A Year Book for Primary Grades; Based on Froebel s Mother Plays

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book *****
Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Read ePub

»



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner...

Read ePul

>>



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

Read ePub

»



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

 $\label{lem:condition:New.248 x 170 mm. Language:English . Brand New Book ****** Print on Demand ******. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...$

Read ePub

»