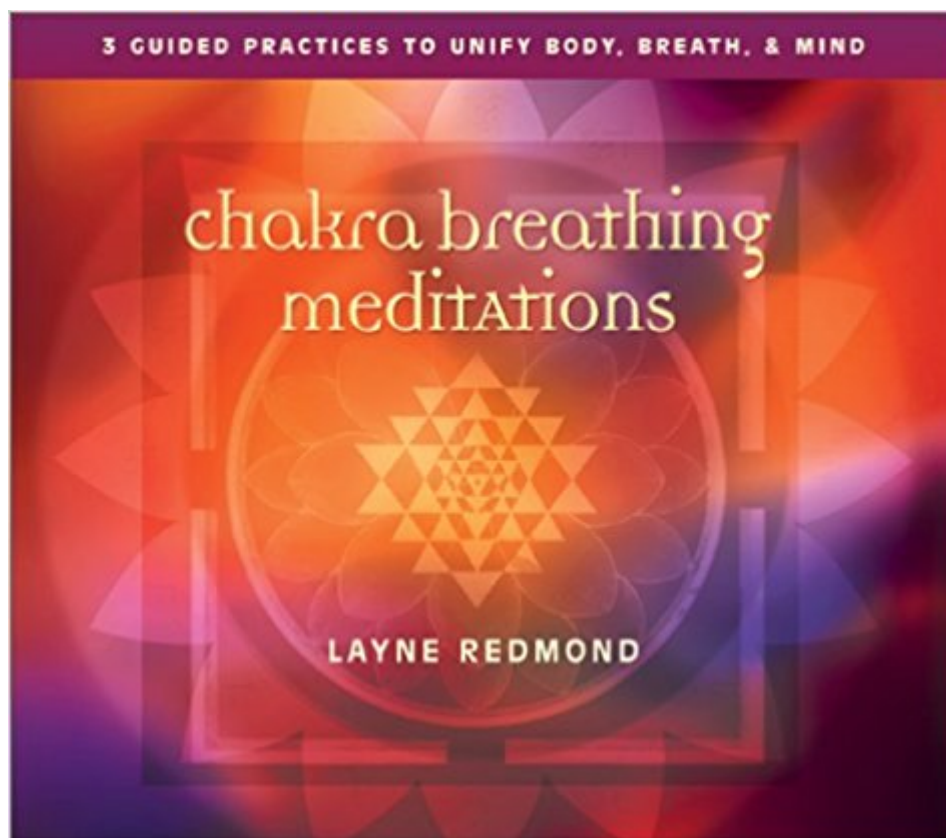


The book was found

Chakra Breathing Meditations



Synopsis

According to early yogic teachings, your breath is a direct means of unifying and purifying consciousness. On Chakra Breathing Meditations, Layne Redmond - a Drum! magazine Drummer of the Year - shows listeners how to tap into this ancient technology through simple breathing practices combined with movement and music. This new home-practice program includes: Yogic breathing to achieve an expanded state of awareness Seated meditations to activate each of the seven chakras A walking and breathing meditation accompanied by spirited drums and music, and more

Book Information

Audio CD

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Product Dimensions: 5.2 x 5.8 x 0.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #923,653 in Books (See Top 100 in Books) #73 inÂ Books > Arts &

Photography > Music > Musical Genres > New Age #257 inÂ Books > Books on CD > Music

#262 inÂ Books > Books on CD > Health, Mind & Body > Meditation

Customer Reviews

This cd to my mind is extremely well put together and is easily one of the best cd's of it's kind that I have purchased in a long time. Essentially it starts you off very gently, (Laynes' voice is very calm and soothing) and eventually leads you into a full walking and breathing meditation combined with the accompaniments of drums to synchronise your breath to. It is very powerful. It takes a little bit of practice to successfully combine both walking, breathing and visualizing the chakras simultaneously but it is well worth persuing. I really love this cd as it really does unify both breath, body and mind. Would highly recommend it.

Layne Redmond offers good instruction on breathing techniques. She goes through how to breathe using diaphragm and lower lungs, then ribcage and middle lungs and the listener practices each briefly to get the feel of the breathing technique. Then she instructs the listener on how to combine

the 3 breathing techniques into the full yogic breath. She moves the listener into a sitting then a standing and walking breathing technique using a relaxing trance-like rhythm. There are 2 rhythm sections at the end of the CD that are each about 20 minutes long, the first with instruction over the rhythm and the second with just the rhythm so you can do the breathing practice without any distractions. I like to do moving meditations so this CD was thumbs up for me. The CD has a nice progression of techniques. Everything is clearly instructed and easy to do. A well planned program great for beginner where nothing is too long, drawn out and tedious. CD is 74 minutes long.

I bought this after one of my friends brought it to my church class. It is wonderful! The heart beat is on of my favorite sounds. The mediation is amazing. Love fact that it is in two CD's.

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