

Yoga Home Practice CDs

Getting Free plus Yoga Nidra (\$25)

A great basic starter CD with a gentle, easy full body release (30 min) followed by a guided Yoga Nidra meditation (23 min). Perfect for beginners or students that have never attended a class before.

Home Practice 3 (\$25) – with Anna

50 min full body release class with specific focus on releasing sciatic, lower back and hips (including piriformis release). 14 min relaxation is included.

Home Practice 4 (\$25) – with Anna

1 hour full body release class with the focus on neck, upper back and shoulders. 40 minutes of the class are done on the backs and 20 minutes on all fours.

Meditation and Relaxation CDs

NLP meditations (\$20)

This meditation CD utilises principles of NLP (Neuro Linguistic Programming), which is a form of communication that enables easy changes in the psyche, in behavioural habits and in influencing others. The first of the two meditations is often taught in Yogahealth classes but the CD includes a longer version (35 min) and another similar meditation – Alchemy (30 min).

Tibetan Meditations (\$20)

The main meditation on this CD is Metta meditation which is also often taught in Yogahealth classes. Metta is a basic Tibetan practice of cultivating loving kindness (sending wishes of well-being) towards oneself and others. The CD includes an introduction to Tibetan practices and another Tibetan meditation (Peace).

Mindfulness Meditations (\$20)

A series of guided meditations aiming to bring awareness to one's body sensations and feelings, content of consciousness and sounds. Mindfulness practices also originate from Buddhist tradition. A very popular CD, suitable both for beginners and those experienced in practicing meditations. The CD includes 3 meditations (Insight, Hearing and Body).

Guided meditations (\$20)

A series of meditations that uses a story and guides listener via imagery and sounds towards a state of relaxation and/or being

energised. Headphones are recommended for this CD. Includes 3 meditations (Chilled, Recharge and Secret Place). Recorded by a female.

Meditate with Yogahealth (\$20)

This CD includes 2 meditations: Breathing Down the Front of the Body meditation (with Anna) that utilises Mirror Fogging breath and uses analogy of the breath with waves of the ocean (20 min). Second meditation is with Shambo (Shamboliminal – 14 min) which uses the same principle as in Paraliminals (i.e. simultaneous use of two different recordings transmitted through the left and right channels). Headphones are required for the second meditation.

Relaxation music CDs

Ambience (music only) - \$20

1 hour plus of music for meditation/relaxation.

Inner space (music only) - \$20

This is Holosync type of music. Headphones are required to listen to this CD. Includes 2 tracks – Deep Rest (35 min) and Renewal (30 min)

Other CDs available online (download only)

Home Practice 1 (\$15)

Moderate difficulty class. Two tracks: 30 mins focuses on hips, thighs and lower back, 30 mins on neck and shoulders.

Home Practice 2 (\$15)

A gentle full body release 1 hour class. Great for beginners.

Quick Fix for Hips (\$9)

15 min pelvic clock release

Breathe Easy (\$12)

1 hour full body release class focusing on opening the breath

Left Brain, Right Brain meditation (\$12)

35 min meditation that balances and enhances left and right brain hemisphere functioning

All Over in 20 and Tummy 20 Flat (\$12)

2 classes, 20 min each. The first one is a general body release. Second class focuses on strengthening tummy and lower back.

www.yoga.com.au

To order call Anna on 08 9397 2387 or email yoga-health@hotmail.com