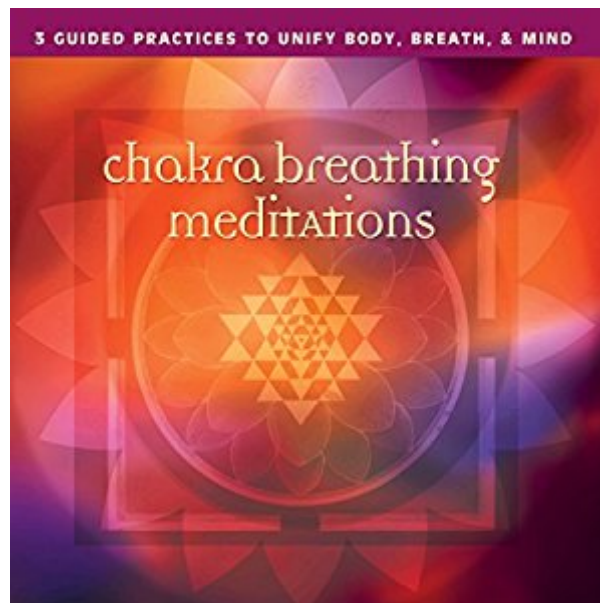




The book was found

Chakra Breathing Meditations: Three Guided Practices To Unify Body, Breath, & Mind



Synopsis

According to early yogic teachings, your breath is a direct means of unifying and purifying your consciousness. In *Chakra Breathing Meditations*, world-acclaimed frame drummer Layne Redmond shows you how to tap in to this ancient technology through simple breathing practices combined with movement and syncopated music. Guiding you through all seven chakras (the energy centers of your body), *Chakra Breathing Meditations* includes: Yogic breathing to achieve an expanded state of awareness Seated meditations to activate each of the seven chakras Standing meditation with full yogic breath A walking and breathing meditation accompanied by spirited drums and music Your breathing reflects your state of mind: If your breathing is shallow and irregular, your mind is distracted and less concentrated; when your breathing becomes deep and calm, your mind becomes clear and calm. Now, with *Chakra Breathing Meditations*, you have a revitalizing new home-practice program to quiet your mind and energize your body. Music by Layne Redmond and Tommy Brunjes. With frame drums, Tibetan singing bowl, hand-struck bells and chimes, and tamboura.

Book Information

Audible Audio Edition

Listening Length: 1 hour 13 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

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#390 in Books > Audible Audiobooks > Arts & Entertainment > Music #414 in Books > Religion & Spirituality > Hinduism > Chakras

Customer Reviews

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.

Shipment arrived as promised. I love the CD.

None

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.

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

It relaxes my mind and body allowing me to think clearer. Hope everyone finds and uses this practice daily. audible is cheap

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