

About Spirit of Relaxation



I use my products to pass on my experience in the area Yoga, Tai Chi and relaxation techniques.

I do Yoga since around 30 years, finished my Yoga instructor course in 1996 and my Yoga Therapy training in 2005. I practice Tai Chi since 1997, do regularly attend seminars on the subject relaxation and I am a student of Sukumar.

Marianne Laug

Postage: € 2,50 .. Payment: **Advanced** /bank transfer

DA* Product Type: Download Alternative.

These products are delivered in Slim Boxes

For detailed info, sound samples and ordering of CDs or MP3 downloads see:

www.Spirit-of-Relaxation.de

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Relaxation

is the key to a life full of

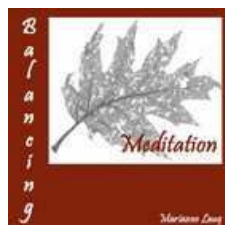
- **calmness,**
- **awareness,**
- **vital power,**
- **creativity and**
- **joy of life.**



But our time is full of hectic, everything must happen quickly, needs to be perfect and so it becomes more difficult to become and stay relaxed.

My products allow you to experience and lean methods of relaxation and make relaxation part of your daily life. No time constrains, no location constrains - wherever you are and need or want to do something for yourself.

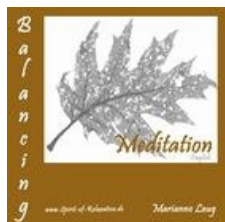
Relaxation Exercises .. guided by Marianne



Balancing Meditation

guides you through a sequence of minimal body movements. It utilizes conscious breathing and body awareness methods to enable a relaxed and meditative state of mind.

BM-e **CD** 60 minutes € 16,90

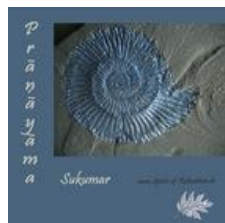


Balancing Meditation - Yoga Nidra

The relaxation exercise Balancing Meditation - Yoga Nidra utilizes conscious breathing and body awareness methods to enable a relaxed and meditative state of mind. This exercise is especially useful for people with limited ability to move the body.

DA* 29 minutes € 14,40

Relaxation Exercises .. guided by Sukumar

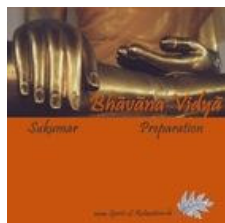


Pranayama

A sequence of guided breathing exercises from the Yoga tradition. The techniques included in these Pranayama exercises tranquilize the nervous system and stabilize the whole organism. The practice of Pranayama

promotes bodily and mental wellness as well as the overall balance.

PY-e **DA*** 39 minutes € 14,40



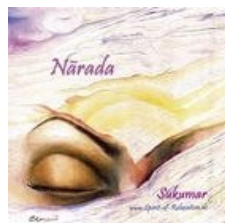
Bhavana Vidya

is a relaxation exercise focusing on sensitization of our feelings and awakening gratitude and appreciation. For learning purposes the exercise is divided into two phases. **Prerequisites:** Experience with Nadi Shuddi.

DA* **Preparation** 44 minutes and

BV-e DA* **Final** 47 minutes € 25,00

Spiritual Stories & Mantras .. with Sukumar



Narada

Stories and anecdotes are an especially beautiful style to present spiritual knowledge since many things that are being presented can not really be communicated in straight and direct language.

The offering is complemented by mantras.

NA-e **DA*** 69 minutes € 17,20

- **Camels in the desert .. about conditioning (18:26)**
- **Pratahsmarana Stotra .. the morning prayer (11:57)**
- **The sick dog.. about our limitations (07:47)**
- **Mrtyunjaya Mantra .. the healing mantra (11:29)**
- **The vicious cobra .. about applying the knowledge (19:29)**