



Chakra Breathing Meditations

Layne Redmond

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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

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