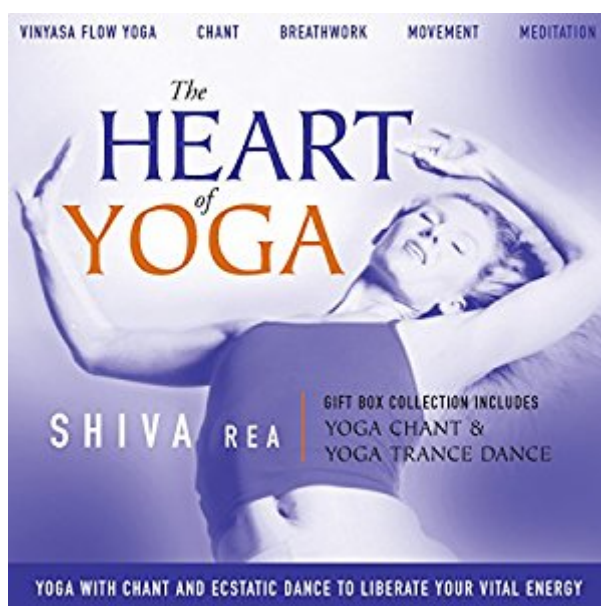


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# The Heart Of Yoga: Four Guided Classes Combine Yoga With Chant And Ecstatic Dance To Liberate Your Vital Energy



## Synopsis

Vinyasa, or "flow yoga", is traditional yoga energized with movement and the breath. At studios and workshops across the country, flow yoga classes are in demand - and growing more popular every day. Now, with The Heart of Yoga, acclaimed instructor Shiva Rea offers two of her most popular flow yoga classes, bringing these exhilarating alternatives to yoga students everywhere. Yoga Chant: a transformative, inner flow yoga practice that blends traditional kirtan chant, postures, movement, meditation, and breathwork to release the physical and emotional armoring of daily stress and nourish your heart center with prana (vital life energy). Featuring Jai Uttal. Yoga Trance Dance: ecstatic trance dance enters the flow of your yoga experience with this liberating workout for cultivating inner power, creativity, fluidity of the spine, and natural movement. Includes full-length music for self-guided sessions, produced by Geoffrey Gordon and Ben Leinbach. For yoga lovers who seek to deepen and expand their practice at home or on the road, here is an unprecedented four-part series of flow yoga sessions, comparable to two of Shiva Rea's weekend yoga retreats.

## Book Information

Audible Audio Edition

Listening Length: 4 hours 28 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: November 5, 2015

Language: English

ASIN: B017JGNYYQ

Best Sellers Rank: #135 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #1485 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #3420 in Books > Religion & Spirituality > Worship & Devotion > Inspirational

## Customer Reviews

I loved Shiva's Yoga Sanctuary, and ventured into buying this set without really knowing what I was getting. It is really great value! Comprises a gift set containing 2 boxed sets: 1) Yoga Chants, which is a 2 CD set very similar to Yoga Sanctuary in layout, one side being a more vigorous practice comparable to the solar practice on YS, the other a more mellow practice comparable to the lunar practice. It includes lots of fabulous kirtan (chanting) which personally I love, but may not be for those who are not into the more "woowoo" side of yoga. 2) Yoga Trance Dance, this is again a 2 CD

set, one CD is music for free form practice, the other is a combination of yoga and freeform trance dance. The music is beautiful and the idea is original and great for those who love yoga and dance. Highly recommended. Can't wait for more of her CDs!

These audio yoga CDs are great if you are familiar with yoga poses and prefer a guided practice, but don't feel inclined to leave the house. Just put in the cd, close your eyes, breathe, and get lost in the calming practice. I would like some of the tracks to be longer (with more repetitions) but you can repeat a track. It also allows you to easily customize your practice by selecting only the postures you enjoy or have time for.

I purchased this boxed set thinking that it was a great value to get 4 of Shiva Rea's CDs for under \$30! I decided to try the Trance Dance album, not sure what I was getting into. I was pleasantly surprised to find that she has integrated Yoga and Dance into one practice! The other CD on this album is just great music--for Yoga or just about anything. As mentioned in the other reviews the Yoga Chant album is very similar to her Yoga Sanctuary workout. I would recommend that beginners to yoga try the second CD first and become comfortable with the sun salutations--the chanting is great also, truly opens the heart. The first CD on this album is a challenge, even for an Ashtanga teacher like myself with some intense balancing poses and backbends--but, I am getting better at them! Overall well worth buying.

Shiva Rea has an hypnotic voice and a vast experience directing yoga students. She knows just when to remind us to open our shoulders, relax the facial muscles, or flow into the next pose. Beautiful music and inspiring poetic gems come part and parcel with the no nonsense, no distraction movement guides. Audio only truly is the best way for help at home with yoga. It may take a bit extra dedication in the 'getting started phase' but WELL worth the effort. The musical accompaniment by Jai Uttal is reason enough to listen everyday. I have wasted money on dozens of yoga dvd's from every possible place advertised in the back of Yoga Journal Magazine. Now that I'm serious I end up using only Shiva Rea CDs during my daily practice. The other dvds I have donated to our local women's shelter.

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