



Health and Harmony - Music Therapy | Relaxation Music

Health and Harmony

Yoga

Price: \$11.99



Unlike most modern exercise systems Yoga does not seek to raise your heart or breathing rate or work on any specific group of muscles. Yoga is holistic in nature and seeks to improve overall health and flexibility in both body and mind in a balanced way. In so doing inner awareness is raised leading to greater spiritual and emotional freedom.

The calming and serene music on this CD will provide a perfect background for practicing Yoga, or can be listened to simply for relaxation and to promote good health.

Total playing time 60 minutes Digital stereo recording.

[Vendor Information](#)

Customer Reviews: There are yet no reviews for this product.

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