



simple serenity™

Each interactive CD introduces you to mindfulness meditation practice and offers simple yet effective tools for embracing life with a peaceful, compassionate heart regardless of the challenges you face.

CDs: \$18.99 each plus S/H. ★SPECIAL★ Buy all 4 for \$64.99. Place an "X" in check boxes to indicate your selection.



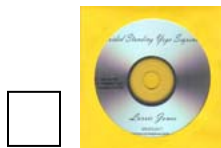
GUIDED BODY SCAN MEDITATION
A 35 minute guided meditation designed to help you enter and dwell in a state of stillness, awareness and calm.



GUIDED YOGA 1 SEQUENCE
40 minutes of gentle Hatha yoga designed to help you bring awareness to movement, and cultivate acceptance, strength and flexibility.



GUIDED SITTING MEDITATION
A 30-minute meditation to assist you in cultivating non-judgmental awareness. You will attend, mindfully, to your breath, body, sounds, thoughts and feelings.



GUIDED STANDING YOGA SEQUENCE
36 minutes of gentle Hatha Yoga standing poses to assist you in linking movement with the breath and for cultivating acceptance, strength and flexibility.

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