



Deep Relaxation: Coming Home to Your Body

By Sister Chan Khong

Parallax Press. Hardcover. Book Condition: New. Hardcover. 40 pages. Dimensions: 6.1in. x 6.1in. x 0.5in. For nearly 30 years Sister Chan Khongs Deep Relaxation practice has been a highlight for thousands of people who have attended Order of Interbeing Buddhist retreats. With Deep Relaxation the readerlistener will learn to meditate and relax body and mind at the deepest level, leading to a measurable reduction of stress levels. Sister Chan Khong effectively guides readerslisteners through the practice with a combination of spoken words and traditional songs from around the world, initiating a process that shows how we can achieve a more positive and healthy life as we move out of the meditation and into the world. With her soothing voice, her pacing, her extensive experience of practicing mindfulness in everyday life and with the beauty of the gentle music practitioners are able to achieve a state of profound relaxation. This book and accompanying CD will help to develop and deepen the readerslisteners personal mindfulness practice, helping them to experience stillness and to continue with their daily activities feeling refreshed and energized. Working with the bodys innate capacity to heal itself, these exercises will bring the listenerreader to experience ever deeper levels of relaxation...



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