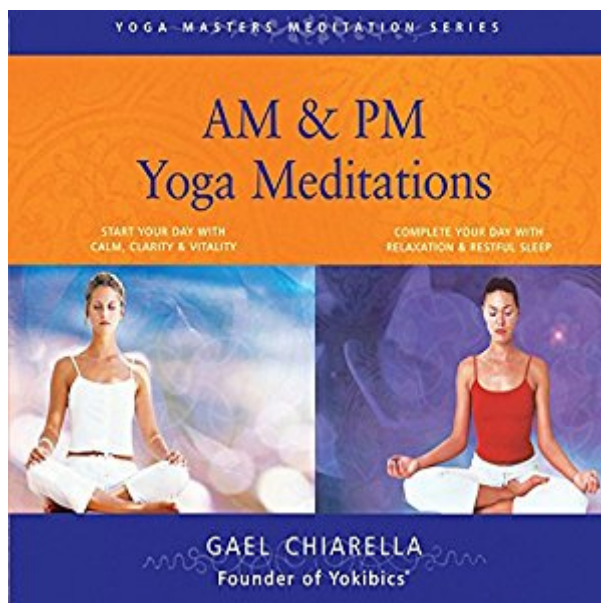


The book was found

AM & PM Yoga Meditations



Synopsis

These guided Yoga Meditations can open up a whole new dimension of your life. They are easy to follow and bring positive results from the very beginning. By tuning into your breath, heart and mind you can find deep relaxation, intuitive guidance, and a calm strength to face your days with grace and balance. Gael Chiarella is the voice and guide of these Yoga Meditations. Gael is the founder of Yokibics named one of the nation's Top 10 Mindbody Fitness Programs by American Health magazine. Gael's voice is both soothing and engaging as she takes you on a tour of your inner self to access the enormous potential within you. AM YOGA MEDITATIONS will help clear your mind so you can consciously and purposefully create an extraordinary and energetic day. PM YOGA MEDITATIONS will help ease you into a deeply relaxed, meditative state so you can let go of the day's stress and prepare for a night of restful and rejuvenating sleep.

Book Information

Audible Audio Edition

Listening Length: 2 hours 5 minutes

Program Type: Audiobook

Version: Original recording

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Customer Reviews

I felt like I was listening to an infomercial. And the voice rhythms did not blend well with the breathing meditation. I donated the CDs to a local charity thrift store.

Gael Chiarella has an amazing ability to promote relaxation. The PM Meditations are the best. If I'm trying to fall asleep, these never fail.

I love those meditations. Her voice is soothing yet in the morning it really wakes me up to the new day and in the evening I can easily relax.

I use it both to help me sleep and to relax me during the day.

I first purchased this AM/PM series in in 2001 through Gaia.com and went looking for it again on their site. Disappointed to find it missing and EXTREMELY relieved to see that it is still here at . I normally sleep easily but during med school, residency and fellowship there were some stretches in which our work hours were so strange that my natural rhythms were completely lost. I would get home in the day time and be unable to sleep, but likewise unable to do without sleep because the next call cycle was coming up. During this wild time I found Gael's CD. It worked very well for me. For weeks I heard only the first 1/2 or less of the CD before I was sound asleep for the full night. If I was awakened by my pager -- I readily returned to sleep even without restarting it. But I became curious about what else was on the CD that I was sleeping through. I finally had to wait for a longer stretch off work and an uninterrupted weekend to rest. I propped myself up in broad daylight and resolved with the clear intent to listen all the way to the end -- not so easy at first because I was now conditioned to fall asleep. But I did finally hear and appreciate her full recording. My favorite part went something like "You are safe and at peace in the arms of your breath" with sounds that made the experience feel just right for me. I have returned to her CD when stressed or long work hours interfered with sleep. For me it produces calm, healthy sleep -- not hindered by the known side effects of any of the prescription or over-the-counter sleep aides. Thus I have also recommended it to a few patients. Some have responded very favorably as well. However, as we all have different tastes there are likely those who may not be as pleased ... particularly those who are distracted by language or a human voice and need to meditate either in silence or with music alone.

I've had this CD for several years. I use it like medicine when my mind is too active. The meditations work so well for me that if I use the AM, then I don't need the PM because the effects last long enough. Even if you are able to meditate by yourself, this CD works well as a tune up to expand your meditative practice. This CD provides a quick clean up for an overactive mind, allowing for some mental restoration, so you can use your mental energy where it's needed and not misdirecting it when your brain should be resting.

I agree with the previous reviewer. The AM meditations were something that I really don't have any time for, but the set is worth every penny just for the PM Meditations! I use the recordings almost every night to get ready for a great night's sleep. My body feels relaxed and ready to fall asleep and

I am able to let go of all of the trials of the day. I hope you enjoy them as much as I do! :)

This meditation CD is the best I have found. It takes 15 minutes so I set my alarm for 15 minutes before I need to get up and I do meditation every morning. It starts off my day in a positive way. I have tried others but none work as well. I actually gave my cd away to a friend so I had to get a new one, I missed it so much. I thought after 3 years of it I could try a new one, but I haven't found any better.

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