

10 Minutes of Stress Relief Just \$7.77 from Yoga2You

2010-01-20 15:25:34

Yoga2You's 10 Minutes of Stress Relief is a quick and easy way to learn stress relieving techniques – whether you're well versed in the principles of yoga or brand new to the concepts. Simply download the audio files and load the tracks onto your iPod or other portable device, and you can relax anywhere, anytime!

Yoga2You's relaxation therapies take you on a journey to deep relaxation, which heals and helps boost your immunity to daily stresses. We're all busy and lead hectic lives, but everyone can find 10 minutes each day to relax and meditate.

MyShoppingConnection readers receive a special price on the Bonus Edition through February 28, 2010. Your digital download includes 10 Minutes of Stress Relief with Saraswati: 10 Minutes to Relax and Renew, 10 Minutes to Relax into Meditation or Slumber, 10 Minutes of Nature Sounds, as well as Stress Relief for the Eyes (2 tracks of yogic eye exercises).

The exercises for your eyes are particularly useful; as someone who wears contact lenses and spends long hours in front of a computer screen each day, I could immediately feel some of the tension fade away after practicing them. {shop now}