

CD – A Positive Approach to Pain Control

A Samata Yoga Program presented by SRIANDA

For Chronic Pain, Chronic Fatigue & Fibromyalgia

This Gentle Yoga Class is based on a Samata Yoga Class devised by Swami Durgananda.

Amanda Carlton a qualified Samata Yoga Instructor and principal of Srianda takes you through a series of gentle stretching exercises, breathing techniques, yoga nidra – a deep relaxation and mediation, guiding you with compassion to participate to your full ability.

Made for you to use at home each track of this CD is a section of the class so you can easily access each segment when ever you want to.

Track 1 Introduction

Track 2 Gentle Stretching Exercises

Track 3 Breathing Segment

Track 4 Guided Relaxation–Yoga Nidra

Track 5 Meditation

Booklet The enclosed booklet has diagrams and a brief description of many of the poses and other helpful and interesting information.

CD – A Positive Approach to Pain Control is suitable for all fitness levels

Cost: \$25:00 plus postage and handling

'Thought are Things' by Swami Durgananda's is a book of verses and affirmations to contemplate and help you on your journey of self awareness and wellbeing.

Cost: \$12:00 plus postage and handling



Amanda Carlton

To order call Amanda on M: 0403 229 521 or contact me by e: amanda@srianda.com.au
I look forward to supporting you in achieving a greater sense of wellbeing.

Regards, Amanda

