



Products

DVDs and CDs led by Dr. Naima Lewis

DESCRIPTION & PRICES

- ***Cultivating Spirituality through Yoga*** **\$20**
50 min guided prayerful exercise DVD

- ***Yoga for Weight Loss*** **\$20**
40 min exercise DVD specifically for full figured female populations

- ***Yoga/Meditation Music for You*** (by Andrew Fazackerley) **\$15**
45 min instrumental CD for yoga/meditation practice or teaching

- ***Peaceful Empowerment*** (CD) **\$12**
Track 1 *I'm Rising Up*
5 min guided visualization

Track 2 *Moments in Meditation*
10 min guided meditation

- ***Self-Empowerment Processing*** (Video) (*Special order only*)
30 min Prevention Intervention tape regarding healthy habits