



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 Khong's Deep Relaxation practice has been a highlight for thousands of people who have attended Order of Interbeing Buddhist retreats. With Deep Relaxation the reader/listener 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 readers/listeners 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 reader/listener's personal mindfulness practice, helping them to experience stillness and to continue with their daily activities feeling refreshed and energized. Working with the body's innate capacity to heal itself, these exercises will bring the listener/reader to experience ever deeper levels of relaxation...



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which in fact modified me, affect the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in start reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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