yoga CD readme

By Gerald Lopez

Acknowledgments

I want to thank the sages from the mists of time, who received, perceived and taught the mysteries of human physiology, psychology and potential - in the form of the science and practice of yoga - for the benefit of mankind. I want to thank Swami Satyananda Saraswati for interpreting this science in the 20th century, and making it accessible to our modern way of life. I want to thank Swamis Shantimurti Saraswati and Ratnamurti Saraswati, for dedicating their lives to bringing traditional yoga to New Zealand, and for sharing with me their knowledge and wisdom.

I want to thank each and every student I have taught; who, with their encouragement and patience, have given me reason for continuing my exploration of yoga - and have literally helped me find my direction in life.

Disclaimer

The techniques on this CD have been selected for safety and accessibility to people with a wide range of abilities. Please use your common sense and personal responsibility when using this CD. By playing the CD you are agreeing to undertake all risks involved with the practice. Always keep within your comfort level - if any technique is uncomfortable, do it less intensely, or avoid doing it. Remember, relaxation - physical and mental - is the key to progress in yoga.

Instructions

You can choose to play the whole CD, or play parts of it to suit your time available.

To play parts of the CD, select the tracks and programme them in your CD player. If you are playing the CD on a computer, you can create a playlist in your CD-playing software, choosing the tracks and their order of play.

You can print out the Yoga Routine file on this CD, which has illustrations to remind you of the poses. Feel free to contact me if you are unsure of any aspect of playing the CD or performing the techniques. This CD is meant only for those who have done my yoga classes - it acts as a prompt for those who have received instruction from me, and cannot replace qualified instruction.

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Please email your comments and suggestions to gerald@gezzmedia.co.nz