



Yoga Trance Dance: A High-Energy Movement Meditation to Liberate Your Creative Life Force

Shiva Rea

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What is *Yoga Trance Dance*? Yoga and dance are two great rivers that lead us back into our bodies and rejuvenate us with *prana*, the vital energy of life. Yoga awakens the breath, fluidity of the spine, and inner power. Free-form trance dance cultivates natural movement, intuition, and creativity. Now, with *Yoga Trance Dance* you can experience the benefits of both these traditions in one energized workout.

On disc one, Shiva Rea guides you through the same innovative methods that she offers at her acclaimed yoga retreats and workshops worldwide. You begin with creative flow yoga, move into the depths of ecstatic dance, and complete your session with moving meditation and chant.

Disc two contains just the music—a phenomenal full-length world trance-dance album ideal for self-guided sessions, traditional yoga, or just great listening.

If you've been looking for a dynamic new way to enhance your range of motion, break through physical and energetic blockages, boost cardiovascular strength, and create a more positive relationship with your body, here's the perfect program, *Yoga Trance Dance*.

Featuring master musicians Geoffrey Gordon and Ben Leinbach, with guest artists Jai Uttal, Tina Malia, and Hans Christian. Produced by Geoffrey Gordon and Ben Leinbach. Geoffrey Gordon is a world-renowned percussionist, composer, and producer who has worked extensively in dance, theater, and film scores, as well as on many popular recordings. Ben Leinbach is a master drummer, songwriter, and studio whiz who has worked with many well-known artists in nearly every musical genre.

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