

Yoga CD a fulfilling project

"I feel very satisfied that it was done"

By Bill Freeman

Asphodel-Norwood - Caroline Owen's reposeful yoga instruction has translated well to CD and the students who urged her to do the project must be pleased.

Entitled "Open Heart: To Awaken Loving Kindness," the CD was "a huge project," Caroline concedes but is happy that students now have a home version of her instruction – one that includes her own guitar playing and the fine musical versatility of friend Lisa Patterson of Imaginit Music.

"It had to be interesting more than one time," she said in an interview. "That was a challenge; to come up with a sequence that would work with most healthy people and be interesting to people over time. I'm very pleased with it and the feedback has been great from other yoga teachers and long-time practitioners.

"I feel very satisfied that it was done. It was a lot of work. More work than I thought."

The "music is the key," she says. "I play guitar. Lisa did the rest under my direction. I knew what I wanted (but) a lot of it is improvisational to (produce) something that fit the mood of something I was trying to create."

She'd like to do another but CDs are expensive to produce. She envisages four CDs on four different themes.

"That's in the back of my mind."

It opens with a 26-minute opening yoga sequence, then a 13-minute guided seated meditation, then an 18 minute guided meditation to be done lying down.

The CD is available locally at Norwood Floral and Design and online at wavelengthsyoga.com