

# Self Love . . . with Prana

Yoga for Relaxation and Healing:  
**Restorative Flow**



Roll onto Right Side



Pattachimotanasana  
(Seated Forward Bend)



Mattyasana  
(Fish Pose)



Roll onto Right Side



Badokonasana



Supta Badokonasana



Balasana  
(Reclining Child Pose)



Shavasana

## Credits

Music Composed and Produced by Kem Stralka and Christine Tulis - [www.christinetulis.com](http://www.christinetulis.com)

Recorded and Engineered by Kem Stralka and Christine Tulis - [www.christinetulis.com](http://www.christinetulis.com)

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*I am grateful to all my teachers who guided me in sharing the yoga and for all they brought to my creative process. Puja, Rainah and Satya at Harbin Hot Springs Heart Consciousness Church, my Eldorado Mountain Ashram Community, Kripalu Yoga Center, Sylvia Brallier, ALisa Starkweather, Toni Bergins and Ariana Shelton. I am also grateful to all my friends and family who have supported my yoga path.*

*I dedicate this project to my son Iain, for inspiring me to grow roots where I am planted and to grow inward and skyward, while we do the life dance of mother and son.*

*I am grateful for life's greatest gifts . . . the opportunity to parent and love Iain and to "share the love" of yoga, unconditionally.*

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## About Prana

Prana (Regina Barrett), BS, MIA, ERYT, CYT has been of service to thousands of people through life coaching, spiritual counseling and therapeutic yoga, offering private sessions, workshops, yoga teacher trainings and retreats in Portland, Maine and world wide.

In 2006, she created these audio pod casts called Self Love: Gentle and Restorative Asana Flows with Photos of Poses, while healing breast cancer. They can be download for free on her website.

Prana shares a tantric yoga and qi gong path, she calls Therapeutic Yoga, which is now informed by her spiritual practice. As a Phoenix Rising Yoga Therapist, she creates a safe container for physical and emotional healing.

Prana has been facilitating engaging workshops for over 25 years and has been working as a holistic health practitioner for 13 years, during which time she developed her own unique approach to healing.

She has assisted individuals with a variety of conditions from anxiety, depression, addiction and trauma to injuries, fibromyalgia, chronic fatigue, cancer, arthritis, pre- and post-natal, peri-menopause and vertigo.

Prana is deeply committed to transmitting her wisdom about Law of Attraction principles & emotional healing, so that all live joyfully, prosperous and free lives.

"May we all shine our light upon others and heal, one authentic, truly joyful smile at a time." ~Prana

