



Inner Fitness

Kelly Howell

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When you want to positively change your life, just slip on your headphones and listen to Inner Fitness. Within minutes you'll feel yourself lifted from daily pressures and fears. Powerful resonating tones vibrate up and through each of your seven chakras bringing these energy centers into balance with the universal forces within and around you. You feel like your body is dancing on energy and your soul is sailing on light. The results are astonishing and positively life-changing.

Inner Fitness guides you through advanced relaxation and meditation techniques. Experience a full 60 minutes of precision-engineered tones and chanting that resonate with the seven chakras located near your major nerve plexuses. As these centers become energized and awakened, they stimulate the endocrine glands and, in turn, positively influence your behavior and physical conditioning.

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