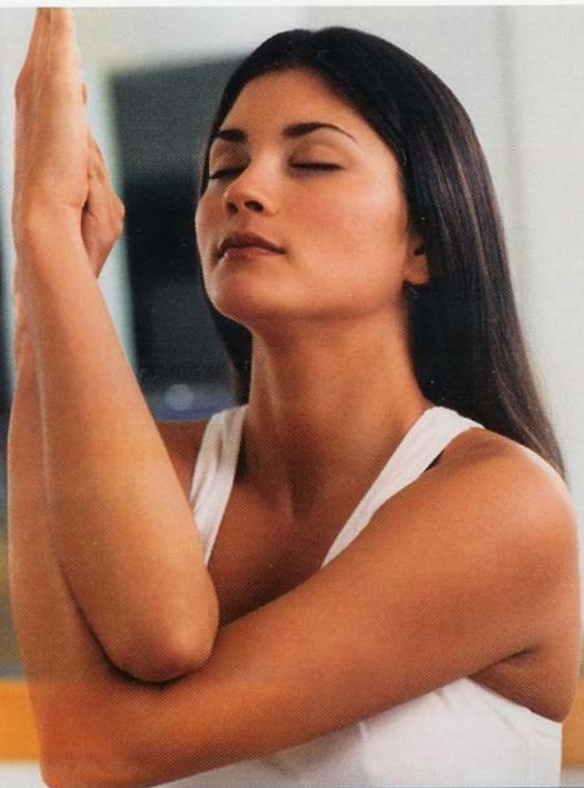




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BARBARA BIZIOU'S  
*Momentary Meditations*



REDUCE STRESS AND ANXIETY EVERYDAY



naturaljourneys™

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# BARBARA BIZIOU'S

## *Momentary Meditations*



This Goldhil DVD™ is enhanced with special features that lift this presentation to a new level of multimedia excellence.

Take a journey with meditation expert Barbara Biziou. Barbara combines the best meditative techniques from around the world and sets them to very beautiful and comforting music. This video contains great meditations to help significantly reduce stress and anxiety in our everyday lives. Barbara's guided meditations are easy-to-follow. And her techniques will produce results that will last a lifetime!

### Barbara's teachings include:

- ❖ Simple breath (how to breathe correctly)
- ❖ Beauty of the heart (how to reduce stress while traveling)
- ❖ Sensual relaxation (how to relax your whole body)
- ❖ Nurturing energy (how to eliminate negative thoughts)
- ❖ Revitalizing your spirit (the way to bring you to serenity)

"I highly recommend Barbara Biziou's programs. There is no one whose life won't be improved by incorporating these simple approaches into regular practice." – Woodson C. Merrell, M.D.  
Executive Director, Continuum Center for Health and Healing, Beth Israel Medical Center, NY

"Momentary Meditations takes you into profound, inner spaces that give you new ways of being, as they enhance the health of your psyche." – Jean Houston

Author of *A Mythic Life*



Barbara Biziou, author of *The Joys of Everyday Ritual* and *The Joy of Family Rituals*, is an internationally acclaimed teacher of meditation for the past 25 years, a life-strategy coach, and a frequent television and radio guest. Barbara is highly sought after to consult and strategize on the use of rituals and meditation in corporate programs,

product development, and product sales, as well as an expert on women's issues and healthy lifestyles.



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