

Meditation for Martial Artists DVD

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Product ID: SKH0020

Manufacturer: SKH Quest Center

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An-shu Stephen K. Hayes' Kihon fundamental introduction to mind centering meditation for the martial artist teaches you how to combat the inner enemies of Doubt, Distraction, Diversion, Delusion, and Denial when under attack. Directed mind centering can take the form of concentration, meditation, and visualization. This 40-minute introduction and 20-minute guided concentration centering meditation practice kata session has been called, "The most understandable and usable introduction to meditation ever taped for martial artists." Get it! It is excellent for its purpose. 60-minute DVD and 2-page study-guide review of 5 Ds and 6 steps for practice.

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