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GODDESSYOGADANCE.COM LAUNCHES THEIR WEBSITE AND ASKS, IS TAKING CARE OF YOU ONE OF YOUR TOP PRIORITIES?

Moving Meditations for Every Day Now Available for Free Download

(ASPEN, COLORADO, APRIL 15, 2013- Integrative Healing Arts Facilitator, Bambi Lowenstein, Founder and President of **Goddess Yoga Dance (GYD)** believes there is an exhilarating change in the air and her new website and movement will be helping with the momentum. The not-for-profit National Women's Health Resource Center's new third annual Women Talk survey has uncovered a newfound sense of self-empowerment in regard to women's health and their priorities. An overwhelming ninety-four percent of women state that "Making time for myself is one of the best ways I can help to take care of me **and** my family" and seventy-five percent of women went a step further to say that "Taking care of myself is my top priority."

Goddess Yoga Dance is a visionary yoga using creative visualizations and positive affirmations applied to moving meditations as a dynamic, energizing and engaging style of spiritual practice. Lowenstein reflects, "I am impassioned to share the health and benefits of yoga-dance and how we can all feel more centered being connected to our inner divine feminine side. The first step for GYD is letting people know we are here for them as a resource. We have created **Moving Meditations for Every Day** for all to receive each week either through e-mail or text messaging. There is an open channel in the world today as we relate through social media, mobile communications and online networks. It's time to reset our conscious minds to a state of centered peace, wholeness and well-being."

Goddess Yoga Dance is a culmination of Ms Lowenstein's personal journey and diverse background in the health care field, service industries and creative arts and it illustrates her desire to share her skills with others to create a more balanced, healthy & fulfilling life. **GYD** is an evolution of body-based practices and synergistic elements using applied creative moving meditation. Lowenstein invites all to visit www.GoddessYogaDance.com and to sign up for your free weekly **Moving Meditations for Every Day**.

About Bambi Lowenstein: Lowenstein originally from Locust, New Jersey was raised on a three-mile scenic road in the woods nestled between two rivers and the Atlantic Ocean and was blessed to commune with Nature in youth along with her two brothers Glenn and Dale. She now resides in the Aspen area of Colorado. A lifelong pursuit of spiritual exploration, connection to nature, competitive athletics, passion for alternative health & love of music have brought her to this place of blended interests and expression. Extensive study at many US spa and health centers and traveling to India including visits to Ayurvedic clinics and spiritual centers along with Buddhist pilgrimages, Lowenstein has integrated her studies & created her own personal brand of alchemy focused on yoga, breathe and movement. Certified from Yogaversity in Ojai, California, Ms Lowenstein taught yoga at Colorado Mountain College in Aspen and at Aspen Valley Hospital and thru the last decade as thru most of her life, has evolved her own personal style, specific techniques and brand of yoga with her love of breath work, nature, movement and music.

For more information about Goddess Yoga Dance please visit www.GoddessYogaDance.Com