

# Mp3 The Ohmies - Ohmland Live! Original Cast Recording

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Various World Music Styles including: African, Latin Salsa, Hip-Hop, East Indian, and American Pop. Songs from the critically acclaimed musical teach children basic yoga movements. 6 MP3 Songs

KIDS/FAMILY: General Children's Music, WORLD: World Beat Details: THE OHMIES is a participatory preschool wellness brand that playfully introduces children ages 2-6 to world music, movement, and creative problem solving. This CD, the original Off-Broadway cast recording, teaches kids basic yoga poses such as Butterfly, Down Dog, Up Dog, Snake, Grasshopper, and culminates in the entire Sun Salutation Series! The musical score is comprised of original music in various world styles, including: African Percussion, Latin Salsa, Hip-Hop, Jamaican and Traditional American Music with an Eastern Indian flair. Each animal character teaches their corresponding pose through a different style of song with instructional lyrics. THE OHMIES is a springboard for learning, helping children understand themselves and the world around them. It promotes prosocial concepts such as friendship, teamwork, diversity, and motivates children to center their minds and strengthen their bodies. Children are encouraged not only to listen to THE OHMIES, but to play along! A world music beat children can move to. - The Washington Post The Best of The Season

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