

Mp3 Gabrielle Roth & The Mirros - Music For Slow Flow Yoga Vol.2

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This is a compilation of smoothly rolling rhythms that are as limber, graceful, conducive to stretching and soul-inspiring as a perfectly-formed yoga posture. Get into the beat of a truly elevating yoga class. 13 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: Continuing the great vibe established by its best-selling predecessor, MUSIC FOR SLOW FLOW YOGA vol. 1, this new 65-minute music program deepens the beat and adds exotic textural and vocal accents to get you further into the groove of a truly satisfying yoga class. MUSIC FOR SLOW FLOW YOGA vol. 2 is an inspired collaboration between the nationally renowned training system, YogaFit, and the best-selling ethno-trance groove ensemble, Gabrielle Roth The Mirrors. The specially sequenced CD features the enticing rhythms of Gabrielle Roth The Mirrors (voted as "Best for Yoga" by dozens of yoga teachers) featuring special guest performers like Jai Uttal, Allison Cornell, and Sanga of the Valley, among others. This album features rhythms that have been "test-driven" in yoga studios all over the world, rhythms that help practitioners to deepen their focus on each movement. The 13 tracks move effortlessly one to the other, as the music supports the slowly flowing postures popular with so many disciplines. Like Volume 1, MUSIC FOR SLOW FLOW YOGA vol. 2 is also wonderful for use during meditation and tantric practice, as well as for pure listening pleasure.

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