

# Mp3 Avana Method - Journey Of Spiritual Evolution Instrumental

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Sweeping pads, soft synths, and subtle bells take you on a calming, ambient journey in Avana Method's first instrumental work. 9 MP3 Songs in this album (59:13) ! Related styles: ELECTRONIC: Ambient, NEW AGE: Relaxation People who are interested in Steve Roach Jon Hopkins Erik Wollo should consider this download. Details: Avana Method is a partnership between Christopher D. Salvo (A.K.A Kei) and Joyce A. Salvo who create and produce music and books in the meditation, ambient, and electronic genres. This unique partnership blends the technical expertise of Chris and the intuitive abilities of Joyce. Chris acts as the engineer, writer, composer, and producer, and Joyce acts as a secondary composer and writer in the group. Not only do these two people come from completely different backgrounds, they reside in completely different areas of the United States; Joyce Salvo lives in Buffalo, NY and Christopher D. Salvo resides in Tampa, FL where his studio rests Just recently, the Avana Method released their 3rd album, Heart of Divine Reflections, and carries two previous albums in their back catalog, all being independently released. Now, the Avana Method is beginning to write all new material for their 4th album wasting no creative energy that has spilled over from their latest endeavor. The Avana Method began in 2005 when Joyce, mother of Chris, asked him to develop music that could be used in her Holistic field and with a specific healing method she had developed. In response to her request, Chris began assembling an album with his experience and knowledge that he has acquired with over 17 years in performing and writing music. Christopher D. Salvo was born in Buffalo, NY and soon after his birth, began to show his interest and fascination with sound. By the age of two years old, Chris had his favorite toy, the plastic turntable and record collection. Not the ideal instrument of choice, but occasionally he would find his way into his parents 12 collections and of course their turntables. At nine years old, Chris progressed to the guitar, where he took professional lessons in music for several years. When Chris was about thirteen, he began playing out in clubs and bars as a guitarist for a punk/hardcore band and was the youngest by far of anyone else in the band. After experiencing music from the view of writing, and not stringent theory, Chris abandoned music lessons and music theory to return to the basics of sound, What

sounds good to me? Chris stopped playing in bands by the age of seventeen because of changing music interests and constant band member conflicts that were taking away from the music experience. After a few years of music writing hiatus and the studying of different genres such as ambient, downtempo, experimental electronic, electronica, IDM, house, and breakbeats, Chris began to regress to a child and practice with those turntables again. After only a short period of time with a professional set of turntables, Chris had his first weekly dj residency at a club in Buffalo at the age of 22, where he was playing the genres downtempo, house, and breakbeats. Only after a couple years, Chris had three weekly residencies, and was enjoying his return to the music scene. Even though performing was an enjoyment in itself, Chris felt that he was still not expressing his creative energy to its fullest. In 2004, Chris purchased and assembled his first project studio, which he has been upgrading throughout the years. From that point on, Chris took more of a focus on the production side of music again and focused less on djing. He still occasionally does dj as a guest or at his current bi-weekly residency in Buffalo, NY again, but he sees himself doing more of the production and writing side of music for the years to come. Being influenced by such artists as Sasha, Deepdish, Ozgur Can, Chris Lake, DNTEL, Lali Puna, Nitin Sawhney, Caia, St. Germain, Blue Six, Miguel Migs, and his favorite compilation series Caf del Mar, Chris continues to write and produce music by what he feels is the basics, What sounds good to me? Joyce A. Salvo was born in the city of Buffalo, New York, approximately fifty years ago. As a Holistic Health Practitioner for the past 25 years, Joyces continued education includes Certification as a Master of Holistic Health, in addition to certifications in Holistic Education, Applied Kinesiology and Reiki. Joyce has appeared on television, radio and has taught in area colleges throughout the United States. Through the years of developing her business along with an intense passion for assisting the most difficult cases, Joyce was inspired to find the most effective ways of natural healing. It was through this search that a unique healing technique called the Avana Method was born. It utilizes the Avana music to create a vibrational healing atmosphere to assist in the energy balancing. The music has reached across the world to bring a sense of peace, contentment, hope and joy to those who have been searching for a means of healing that they have been unable to find in any other way. With completely different backgrounds, Chris and Joyce come together as a unique team to form the Avana Method. With three music albums finished, one book finished, and another music album and two books in the works, the Avana Method will be producing much more in the years to come.

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