

Mp3 Gabrielle Roth & The Mirrors - Music For Slow Flow Yoga Vol.1

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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. 10 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: This 65-minute music program will get you into the beat of a truly elevating yoga class. MUSIC FOR SLOW FLOW YOGA vol. 1 is an inspired collaboration between the nationally renowned training system, YogaFit, and the best-selling ethno-trance groove ensemble, Gabrielle Roth The Mirrors. MUSIC FOR SLOW FLOW YOGA vol. 1 is excellent for attuning the body and breath, enabling practitioners to deepen their focus on each movement; the long sustained musical passages, undulating rhythms and spacious arrangements support the slowly flowing asanas, or postures, of virtually all yogic disciplines. These ten tracks are also wonderful for use during massage, meditation, tantric practice and for pure listening pleasure. The music heard on MUSIC FOR SLOW FLOW YOGA vol. 1 has been especially chosen and sequenced to effectively support the postures used in a YogaFit yoga class, as well as those taught in most yoga centers. These ten tracks were selected from some of the best-loved albums created by Gabrielle Roth The Mirrors and feature popular performers like Steve Gorn, Allison Cornell and Sanga of the Valley.

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