

# Mp3 Michael Perricone - Journey Of Seven Bowls

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Yoga Journal Says: Journey of Seven Bowls - its fusion of Arab, classical Indian and American folk and pop music creates a calming background for meditation or a contemplative yoga practice.

Guitarist-Producer Michael Perricone opens the album with the 8 MP3 Songs NEW AGE: Meditation, NEW AGE: Environmental Details: Journey of Seven Bowls - "Guitarist-Producer Michael Perricone ... opens the album with the sounds of gongs, [Tibetan] bowls, nay, and Perricone's ragalike guitar figures, producing a feeling of vast, peaceful open space - a sky full of notes dancing effortlessly, like kites splashing unexpected color across the face of a cloud. "Excerpt from Yoga Journal review 2005 I created this music to go along with my own daily yoga practice. I wanted something that would help me shed the stress of the day and quickly bring my mind into a calm space. I've always been fascinated by the pure tone of the Tibetan singing bowls and always wanted to record them. It seemed like the perfect starting point. I played seven different brass bowls on this recording, most of which are close to one hundred years old. I then built the rest of the music around them, and along the way created more than a yoga CD. It turned out to be a journey, a musical odyssey. It became the "Journey of Seven Bowls". Abhiman Kaushal - Tabla Ali Jihad Racy - Kawala, Nay and ud Jahna - Vocals Michael Perricone - Tibetan Singing Bowls, Guitar, Keyboards, Percussion, Editive Synthesis, Recording and Mixing Raghunath - Harmonium Casio Duarte - Additional Percussion Cover Painting by Iva Hladis ivahladis.com Mastered by Chris Bellman at Bernie Grundman Mastering

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