

Mp3 Lila - Myth And Myrrh

[DOWNLOAD HERE](#)

Ancient Sanskrit mantra sung by two sisters put to original melodies full of rich harmonies to relax, focus, practice yoga, and just feel good. 9 MP3 Songs EASY LISTENING: Background Music, FOLK: Gentle Details: Lila is a Kirtan collective made up of sisters Jesse and Deena Robertson and sometimes cellist Rebecca Foon of Silver Mount Zion and Esmerine, and percussionist Kevin McKenzie who plays mostly with Buffy St. Mary. The Robertson sisters have been singing together with their hippie parents since childhood, and their harmonies reflect this comfort. Lila melodies carry Western, Indian and Middle Eastern folk influences. The sisters are both yoga teachers in the Moksha Yoga tradition, so their music tends to offer that same chill that a yoga class can bring but with a lot less effort. People have been playing the music for relaxing in the car after work, putting kids to bed, cooking, doing physical yoga, meditation, massage and spa treatments and just to let the shoulders drop. Lila travels offering Kirtan a call and response chanting across North America and the Caribbean. People who are interested in Enya Indigo Girls Deva Premal should consider this download.

[DOWNLOAD HERE](#)

Similar manuals: