



Ideal as a gentle background for meditation, yoga or simply for 'chilling' with a glass of something delicious and refreshing... An hour of gorgeous, tranquil, relaxing music from Nepal, Russia, Egypt, USA (native American flute), India - and the UK.

1. Jason Carter - Luna - 5:59
2. Bishwo Shahi - Realisation [instrumental version] - 6:29
3. Gary Stroutsos - Rivers - 3:29
4. Folk Group Arinushka - About Change - 3:30
5. Mohamed Naiem - Hams - 5:15
6. Re-Orient - Water Colour - 5:04
7. Jason Carter - Sol - 4:36
8. Bishwo Shahi - Purbeli - 6:18
9. Gary Stroutsos - The Path of Peace - 3:31
10. Mohamed Naiem - Farah - 6:38
11. Bishwo Shahi - Dhyan [meditation] - 7:14
12. Gary Stroutsos - Rain - 4:02



Total playing time: 62:41 min.

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