

# Mp3 Sunflower - Welcome Silence



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Just Flutes Low Flutes played with long sustained breath for DEEP relaxation, massage as background for classes or individual practice of meditation, Qigon, yoga or Tai Chi Can't sleep? This music helps you drift off. Young children benefit from 14 MP3 Songs NEW AGE: Meditation, WORLD: Native American Details: Welcome Silence Native Flute Music by Sunflower Particularly suited to a good massage, the length of breath and deep soothing sound of the Bass Flutes will transport you to a quiet place peace and deep relaxation. The atmosphere remains the same throughout, subtly changing from track to track to retain your interest, but allowing you to focus on your breathing and relaxation. Even before the official release, this CD was put into use by several professional massage therapists and is being used in Qigon, Tai Chi and yoga classes it works! The Bell painting is by my mother, Vicki Runge. It pleases me to honor her in this way.

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