

## Mp3 Barry Anthony - Blue Ocean



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Composer Barry Anthony has created a fluid and mystical sound Adventure with Blue Ocean. For meditation, relaxation or easy listening, this beautiful instrumental music takes you as deep as the sea. 9 MP3 Songs NEW AGE: Meditation, NEW AGE: New Age Details: In December of 1999 Carol Argo, a professional fitness instructor specializing in creative workout styles, asked composer, Barry Anthony, if he would be interested in composing original music for three instructional videos she was scheduled to choreograph and film in January. It was an intriguing idea but a formidable one, also. The project would require almost three hours of music and we had but a scant five weeks to finish the entire project before Carol would film the workout. Barry said, "I had long entertained the idea of an interesting workout tape with great music that was well suited to exercise, but I felt I knew too little about the music needs of people who workout. Because of the size of this project, I enlisted the help of my former band member and friend, composer Jim Moraco. Jim and I share the same love of dramatic pop and rock music of the 60's. The concept I had for these tapes was "Cirque de Soleil meets workout music." And further, "As I looked through the fitness tape catalogues that Carol gave me, I was surprised that I saw almost no original music composed especially for fitness. These audiocassettes were, generally, compilations along the lines of Disco and Rock reissues or worse, remakes with altered tempos. The tapes I, actually, listened to were very boring and monotonous, without much life or character. Certainly, we might liven up a workout with our music. Blue Ocean is fluid and adventuresome at the same time. It is intended for a slow, fluid, stretching workout.

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