

Mp3 Kaia Van Zandt - Bhavana



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Soulful, spirited world chants with rich vocals invoking healing, relaxation, and peace 8 MP3 Songs

WORLD: World Fusion, NEW AGE: Meditation Details: BHAVANA is a Sanskrit word that means "intention. Each of the tracks has been named for the intention that each of the songs holds. (Before recording, my engineer and I meditated together to seal the intention), like courage and healing. This music was created for yoga classes, meditation, relaxation, and massage. It's a great album for the first thing you listen to in the morning, or the last thing you listen to before you go to bed. It's very calming. It will help you shift into happiness and healing! How to use it: If you are suffering, play track 3, Healing. If you are at a crossroads in your life, play track 4, Guidance. If you are lonely, play track 2, Love. Kaia studied classical South Indian singing with 4 Indian grandmothers. Some of these songs have been in their families for hundreds of years. Her voice is haunting, sweet, and uplifting. A long time lover of music, Kaia's first singing lessons came from old albums by Joni Mitchell, Elton John, and Tori Amos. Kaia began her dharma path studying meditation techniques under international author Chris Griscom in Galisteo, NM. In Los Angeles, Kaia holds 7 yoga teaching certifications. Kaia combines her passions for Greek and Indian mythology, contemporary literature, alchemy, and Jungian psychology in her teaching, igniting a vision for transformation, health, and peace on the challenging path to reclaim the Self. Through storytelling, inspirational philosophy, and chanting in the western and eastern traditions Kaia inspires people in their own personal growth processes and divine life purpose with love and compassion.

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