

Mp3 Gabrielle Roth & The Mirrors + Chloe Goodchild - Sundari



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Music for yoga, massage and meditation; diagram of yoga postures is included. 8 MP3 Songs WORLD: World Fusion, NEW AGE: New Age Details: See what all the excitement is about. This one-hour class, set to the tribal music of Raven Recording, contains an instructional diagram of the 21 postures that will get you into the beat of a bare bones Jivamukti yoga class. Suitable for all practitioners. This is a compilation of music by Gabrielle Roth The Mirrors (featuring Jai Uttal) and Chloe Goodchild (vocals). There is no voice-over on this album -- it is excellent for listening, yoga, movement, massage and meditation. "The wild child of yoga." -- Paper Magazine "New York's best yoga class." -- New York Magazine

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