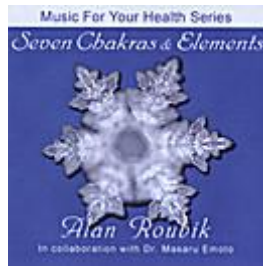


# Mp3 Alan Roubik - Seven Chakras & Elements



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2 CD set: A percussive and musical variation of the Seven Chakra system, featuring sacred instruments from Tibet, China, South America and Africa. 14 MP3 Songs NEW AGE: Healing, NEW AGE: Yoga  
Details: This 2 CD set was created for Relaxation, Meditation, Stress Reduction, Yoga, Pilates. The Seven Chakras disc (tracks # 1-7) feature percussive music, performed by Brian Kilgore. Each piece was created with very specific Chakra guidelines, including frequency, key, Hz and other relevant and determining factors. The Elements disc (tracks # 8-14) featured added instrumentation, such as flute, saxophone, guitar, keyboard and more. Sacred instruments from Tibet, China, South America and Africa were specifically selected and tuned for both records. People who are interested in Yanni George Winston John Tesh should consider this download.

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