## **Mp3 Dubee - Tranquil Spirits**



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Close your eyes, relax, take a deep breath you are invited to a place of healing. Melodic, soothing instrumental flute music accompanied by sounds of nature. 9 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: You are invited to an instrumental journey: soothing, healing and serene flute music accompanied by the peaceful sounds of birds, wind, and waterfalls. The gentle music of the flute will lead you on a calming path. The melodic quiet music will take you to a place of healing thoughts. During the time I worked in the preschool environment, I was inspired to write and record these flute songs and use them for students quiet time and nap time. The music made students more calm and peaceful (a preschool teacher's dream). I continued writing and included nature sounds that children would enjoy. When my CD, Tranquil Spirits was completed, it was used as background music for a childrens yoga program. Teachers and students have found the music peaceful and calming. This CD is also ideal for adults interested in adding relaxation to their daily menu. Quiet time is not only for the little ones- adults need it too. I hope Tranquil Spirits is as fulfilling to you as it has been for me. Close your eyes, relax, take a deep breath and enjoy your peaceful journey.

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