

Mp3 Alba - Flying On Fire



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These refreshing songs will take you to the oasis of your true self, leaving you with a feeling of peace, freedom, joy and growth. 10 MP3 Songs EASY LISTENING: Adult contemporary, SPIRITUAL: Inspirational Details: Born in the city of Santaf de Bogot, Colombia, Alba started to play the guitar at the age of six by watching her older brother while he played. Living in a music-loving family surrounded by relatives who got together to play, sing or just listen to good music, Alba learned to appreciate all kinds of instruments as well as different music styles. At the age of ten, she moved to Costa Rica with her family. A few years later, she enrolled the National Youth Symphony Orchestra, where she learned music theory and how to play the flute. At the same time she participated in the National Symphony Orchestra Choir, as well as in its Chamber Choir. Alba studied classical guitar, piano, singing, and Composition in Music with prestigious teachers at the U.C.R. (Universidad de Costa Rica) and at the U.N.A. (Universidad Nacional). Alba has taken seminars focused on the Recorder and on Conducting Marching Bands, with Japanese and American teachers brought to Costa Rica by the Yamaha Foundation. As a part of her studies, Alba took basic German, French and Italian classes. Since 1978, she has been teaching Spanish as a second language to foreign adult students. After the university years, she studied advanced techniques for teaching English, which she taught along with music in many bilingual schools and pre-schools in Costa Rica. For several of them, she composed the School Anthem. She also has conducted several choirs and music groups, as well as participated in them as a singer. Other compositions: the music score for modern dance performances, commercial jingles, documentaries, and arrangements for other musicians. Some of her musical compositions have been included in several of her recording productions. Her work has been a great source of upliftment for all ages. The Sony Music Company has represented some of her childrens work throughout Latin America since 1999. Alba

obtained the broadcast licence, which allowed her to record not only commercial ads and documentaries, but several children tales in English and Spanish. In addition, Alba has coached other professors through workshops, in how to compose and use the music in the classroom to enhance the learning process of any subject. Alba served as the Music Director at Unity Church in Costa Rica, from 2003 until 2006. Having come through a process of dramatic changes in her spiritual and emotional life, which allowed her to grow consistently in the last five years, and having the teaching background in her veins, she decided to share her experience and clear view about the Art of Creative Well-being -as she named the book which she is currently writing- through workshops and different messages, and as a Life Coach.

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