

Mp3 Dolly Rappaport - Aero Soul



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This collection is an exercise in pleasure. Aero Soul is an hour of music created by Dolly and Mitch Rappaport to take your mind, body and soul on a journey. 13 MP3 Songs POP: California Pop, JAZZ: Smooth Jazz Details: All songs are written by Mitch and Dolly Rappaport. This CD is packaged as a greeting card with an envelope included so that you can mail them to your friends as a gift. Great for the gym! An asterick* by the song title means that the song or version of the song has never been released. I dont like to workout, but I love to dance, stretch and meditate. I designed this CD specifically to take me through an hour journey into my body, mind and soul. I love it, and I am excited to share it with you. Let the music steer the way. IMPORTANT: Turn off the phoneits only an hour. You may want to put a do not disturb sign on your door until the CD is over. Have fun! Moonwalk* 6:00 start movin - warm-up before stretching Sense of Identity 3:29 stretch- however is comfy for your body Pendulum 4:34 dance, jog, move to the music Long Way From Home* 3:25 I really did grow up on Melody Lane Adina* 3:35 this ones about my niece I Own the Earth* 5:09 check out the funky bass Stars Will Shine on Me* 3:19 we wrote this for a reality show Ilana* 4:04 this ones about my 13 yr old daughter Rumble In Rio* 6:05 this one has lots of saxgreat beat! Unspoken 4:19 time to slow down this is where I usually lay down on my back and do some pilates and sit upsvery slowly focusing inward Am I Dreamin?* 3:56 relax and stretch Blind 4:22 keep stretching concentrate inward Hey Yah* 5:52 long, deep breathing, and meditatingpractice sitting until the song is over. If you feel like getting up dont. If you feel like talkingdontjust breathand listen Please email me at dolly@dollyrappaportif you have any feedback or questions. Let the music steer the way...

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