

Mp3 Sarah Swersey - Nightingale



[DOWNLOAD HERE](#)

The artistry of a classical musician. The serenity of a yoga teacher. These enchanting lullaby improvisations on solo flute cut straight to the heart, transporting the listener on an inward journey to a place of emotion and stillness. 10 MP3 Songs NEW AGE: Meditation, CLASSICAL: Contemporary
Details: "Music that can wake you up to a peaceful place in the heart." --Derk Richardson, Yoga Journal
"One of my favorite albums of the year." --Bill Binkelman, KFAI-FM, Minneapolis "Listen to this CD and try to *not* feel your breath deepen, your body soften, and your mind relax and begin to melt. Go ahead. I dare you." --Sudhir Jonathan Foust, president of Kripalu Center for Yoga and Health, Lenox, Mass.
"There are times when a beautiful lullaby is the best of all music, and these are all beautiful." --Jimmie Dale Gilmore, two-time Grammy Award nominee ("Spinning Around the Sun") * * * The artistry of a classical musician. The serenity of a yoga teacher. NIGHTINGALE, the solo recording debut of the orchestral flutist-turned-improvisational artist Sarah Swersey, cuts straight to the heart, transporting the listener on a deeply inward journey to a place of emotion and stillness. These improvised lullabies are far from being mere sleep aids--they're ideal accompaniment for yoga (Sarah is a Kripalu-trained teacher), massage, meditation, and relaxation, and the stunning solo flute sound most definitely stands up to active listening as well. Half of the tracks in this enchanting collection are based on traditional melodies from a world of cultures: the Yiddish children's song "Alef Bas," the Sephardic lullaby "A La Nana y La Buba," and "Arrorro," a graceful Spanish song that Sarah used to perform in concert halls around Europe during her days as principal flutist with the Orquesta Sinfonica de Tenerife in the Canary Islands. True to her classical roots, Sarah also plays sweet variations on the Brahms Lullaby. Perhaps most engaging, though, are Sarah's original compositions, particularly the emotionally charged 16-minute "Nina's Peace," dedicated to a cousin who died young. Another original, "Mozaïque," evokes the sounds, sights, and

smells of a family trip to Israel when Sarah was 7 years old. NIGHTINGALE was co-produced by 2002 Grammy nominee David Darling, the innovative cellist who has featured Sarah's flute on three of his most recent improvisational recordings. * * * More acclaim for NIGHTINGALE ... "Spellbinding lullabies for children and adults alike. A perfect gift." --Mara Applebaum, New Age Retailer "Often wistful, often childlike (but in no way childish), the viture of the music is its evocative simplicity." --Ray Lynch, three-time Billboard Award winner ("Deep Breakfast") "Moment by moment, Swersey's soulful technique creates sculptures of sound." --Larry Parnass, Daily Hampshire Gazette, Northampton, Mass. "Flawless technique and tasteful selections bring the listener to a serene and restful place amidst the noise and haste." --Thomasina, traditional folk musician "Sarah Swersey's flute sings like a nightingale. A wonderful discovery!" --Lynne Remick, Rambles "Why should babies be the only ones to enjoy a good lullaby?" --Bob Genovesi, Body Soul magazine "If you've been looking for the perfect music to play during relaxation, look no further. Sarah's tranquil, transporting improvisations on solo flute (also ideal for the little ones' bedtime) ... are evocative and enchanting." --Tresca Weinstein, Kripalu Yoga Teachers Association newsletter * * * About the Artist: Sarah Swersey has performed extensively in the United States and Europe as a solo, chamber, and orchestral musician. A native New Yorker, she spent seven years as principal flutist with the Orquesta Sinfonica de Tenerife in the Canary Islands, Spain. Since returning to the United States, she has performed at the Lincoln Center Festival, Weill Recital Hall at Carnegie Hall, and the Tanglewood Music Festival. In 1999, she began attending cellist David Darling's Music for People improvisation gatherings, and has since become an accredited facilitator of music improvisation workshops. Sarah is featured on three of Darling's recent recordings, "Balance," "Bliss," and "Open Window." She is a founding member of Sasadama, an improvisational quartet performing in the Boston area, and, utilizing her training in Kripalu yoga, is founder and facilitator of "The Flexible Flutist," a yoga workshop for musicians. Sarah holds degrees from Oberlin College Conservatory and Yale University School of Music. She lives in Northampton, Massachusetts.

[DOWNLOAD HERE](#)

Similar manuals: