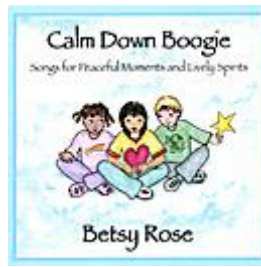


# Mp3 Betsy Rose - Calm Down Boogie



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Mixing simple relaxation and meditation techniques with playful lyrics the songs also highlight the importance of loving kindness in our lives. 14 MP3 Songs KIDS/FAMILY: General Children's Music, KIDS/FAMILY: Kid Friendly Show all album songs: Calm Down Boogie Songs Details: These lovely, soothing songs entice even the most lively children to take a deep breath and say ahhhhhhh. Calm Down Boogie is designed to help children find their inner calm, and to inspire peaceful moments and happy hearts. When youre feeling stressed or your child is feeling disconnected or frustrated, listen to Betsys music and youll find how easy it is regain your calm. You can listen with your child during the day, or turn the music on as your child transitions to sleep. Calm Down Boogie will help you remember whats good in the world. Rona Renner RN - Executive Director Childhood Matters Inc. Betsy Rose is a singer and writer whose insight, warmth, humor, wit and wisdom, have added a wealth of songs to the world of folk and progressive music. Artists such as Pete Seeger, Ronnie Gilbert, Sally Rogers, Chris Williamson and the Bobbi McFerron inspired vocal group SOVOSO have sung and/or recorded her songs. Contemporary cultural visionaries such as Thich Nhat Hanh, Matthew Fox, and Joanna Macy include her music in their work. Betsy has traveled widely, throughout the United States and Canada and to India, Australia and the Czech Republic. She has sung at festivals, ecological conferences and conferences such as California Early Childhood Educators State Conference, spiritual gatherings, and with organizations such as La Leche League, Association of Humanistic Psychology, Omega Institute, and AIDS and Hospice services. Her popular recording, "Motherlight," captures the poignancy and passion of mothering, imbued with compassion, wisdom humor and heart.

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