

# Mp3 Angela Carole Brown And The Global Folk - Global Yoga



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Yoga-Mindfulness: a completely auditory yoga session, with original music by The Global Folk. 6 MP3 Songs NEW AGE: Yoga, NEW AGE: Energy Healing Show all album songs: Global Yoga Songs Details: "The highest form of maturity is self-inquiry." - Martin Luther King, Jr. "The more powerful and original a mind, the more it will incline toward the religion of solitude." - Aldous Huxley As an alternative to the ubiquitous instructional yoga DVD, which requires that your environment be equipped with a television or computer, this unique yoga CD is a completely auditory session, which allows the versatility of practicing yoga anywhere you can take a boom box. Singer/songwriter Angela Carole Brown, who has already established her voice from two decades in the music business and through her experimental folk and jazz recordings, has also been a student and practitioner of the Hatha, Kundalini, and Vinyasa yoga disciplines, as well as Pranayama (breath work), for 17 years. The decision to develop and produce this CD came out of her own needs as a yoga consumer. As far as she could find, there were few, if any, yoga CDs. They were all DVDs, where you have a visual instructor in front of you, as you would in a class. But what if you want to be able to close your eyes and go even deeper within? Difficult to do when you keep having to look up at a TV screen, sometimes in the middle of a challenging asana, to see what the teacher is doing next. Angela quickly discovered that CDs were not considered advantageous because it seems to be the consensus that people want to see what poses look like. But she maintains that all it really takes is a thorough, mindful, and articulate communication of the sequence, and you can effectively guide someone through any kind of movement and instruction. With the help of an extraordinary group of musicians, THE GLOBAL FOLK, with whom Angela has collaborated for many years, and who have created a breathtaking canon of music just for the occasion, Angela has created a

one-hour yoga-mindfulness experience, which also includes meditation and a brief study of the chakra energy centers, and which can be taken anywhere, for your convenience. PERSONNEL: The Global Folk (AKA)... Angela Carole Brown - vocal narrative, Tibetan singing bowls, edrone Ken Rosser - cavaquinho, electric sitar, electric guitar, pipa Paul Angers - tan tan, serdo, udu drum, kalimba, gong, chimes, bells Produced by Angela Carole Brown for Rue de la Harpe Records Recorded and Mixed by Craig Pilo Mastered by Maurice Gainen Artwork by Angela Carole Brown Photography by Annamarie Rewal From Angela: A very special thanks must be given to the teachers who brought this extraordinary practice into my life: most especially Lily Knight and the Awareness Center of Pasadena. A very special and deep gratitude to the spiritual guides who have helped me to learn the importance of self-inquiry: Margo Gravelle of Soul Collage; Ajaan Thanissaro Bikkhu of the Metta Forest Monastery; the late and great comedian Lotus Weinstock; and Dr. Barbara Wright, Ph.D. And a very special thanks of gratitude to Irma Breakfield, who was singularly instrumental in helping me to fine-tune this program and make it work. To The Global Folk: You are a gift to my life. And to Craig, who is always willing with gracious favors. And finally to the great writers, philosophers, and mystics who have changed my life by showing me the value in examining it. This project is dedicated with my deepest love to my family, the Brown-Hicks-Thomases.

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