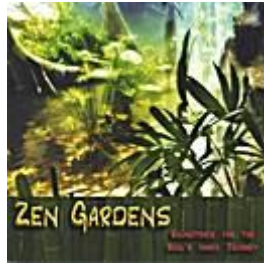


Mp3 Mark Hollingsworth - Zen Gardens



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This collection of Asian and Zen inspired melodies is the perfect soundscape for yoga, relaxation, meditation featuring the incredibly expressive sounds of ethnic flutes, over a bed of supporting instruments and sounds. 11 MP3 Songs NEW AGE: Meditation, WORLD: Asian Details: The concept behind "Zen Gardens" was to create a sonic ambiance that would have a consistent calming energy, while still maintaining a portion of your attention, just as a Zen instructor would demand. It is an ideal accompaniment for yoga, meditation, and for anyone participating in body work or energy work. "Zen Gardens" attempts to encourage a relaxed but focused state. The elements of sound and form are varied enough to be conducive to a more active state of listening than that which results from the endless repetition and lack of musical substance found in many collections of similar music. In fact you will find that "Zen Gardens" has many layers and, like a real Garden, there is a depth that will encourage greater exploration. The artist, Mark Hollingsworth is a studio woodwind player based in Los Angeles. He has performed with dozens of legendary names from Quincy Jones to Tom Petty. Mark's ethnic flutes were also featured in the soundtrack of the award-winning movie Xiu-Xiu (The Sent-Down Girl). For more information visit: windshoremusic.com

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