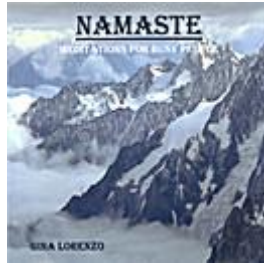


## Mp3 Gina Lorenzo - Namaste



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Take just 5 to 10 minutes a day to clear your mind and rejuvenate your soul. Meditations for busy people can start you on your journey to inner peace. Now close your eyes, breathe deeply and start to feel the power of your own spirit. Namaste" (which tra 5 MP3 Songs in this album (34:28) ! Related styles: NEW AGE: Meditation, EASY LISTENING: Mood Music Details: Namaste" (which means I honor the spirit in you) is Gina's latest in Meditation Music. This CD contains short pieces for busy people. Each relaxing song was created to promote specific moods, such as tranquility or reflection and lasts between 5 to 10 minutes. You'll hear such songs as "Sea Of Peace", "Universal Spirit" and "Chakra Awakening" to name a few. Sit back and prepare yourself for the soothing sounds of "Namaste". Gina grew up in Long Island, NY. She attended Berklee College of Music in Boston, MA, and graduated with a Bachelor's Degree in Composition and Arranging. Gina began studying yoga and meditation during her college years and this is where the inspiration for "Namaste" originated. "The discipline needed for learning the art of music and meditation are one in the same". For more information about the artist, please go to GSongs.com.

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