

Brainwave Therapy - Running Meditation

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You know cardio is good for your heart and your waistline, but its so tedious. Not anymore. You'll be amazed at how much you'll enjoy cardio with this workout music. Although its called Running Meditation, this program packs a powerful rhythmic punch. It can be used for walking, jogging, rollerblading, dancing, or whatever cardio exercise you choose. It also doesn't matter what fitness level you're at right now, because you go at your own pace. As the music gradually accelerates, you'll achieve new speeds and levels of endurance. Modern mythological archetypes are invoked to transform your run into a truly transcendent experience. 125 BPM (beats per minute) Gamma waves are harmonically fused with Jazz, R&B and world beat rhythms. Before you know it, beta-endorphin levels are increased and you're in the zone.

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