

## Mp3 Navyo - In The Moment



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Inspired and intimate piano solos for listening, yoga and meditation. 7 MP3 Songs NEW AGE: Ambient, JAZZ: Free Jazz Details: ABOUT IN THE MOMENT This CD represents musical moments in time that are doorways, openings to the timelessness of being here and now, in the moment. Recorded in a dreamy fall afternoon in Marin County on a beautiful baby grand, this CD is the perfect antidote to a stressful day. Use it to become present, to relax, to drop in to the divine essence of your own being. Use it for your yoga practice or for just chilling out. Use it for lovemaking. Let it open you and let go... in the moment. IN PRODUCTION Navyo's next album, Calling The Beloved, is currently in production. It's a rock/blues/gospel/world music extravaganza of self-penned devotional songs inspired by the poetry of Hafiz and Rumi. Stay tuned. ABOUT NAVYO From a classical training in London at the Guildhall School of Music studying piano, viola and composition and later at the City University, to live rock performances and studio recording, Navyo has a lifetime of experience in music. Combined with a european aesthetic and twenty-six years of meditation and inner exploration, Navyo brings a unique blend of technique, style and consciousness to his creativity. Navyo has performed and recorded with saxophonist Nik Turner (Hawkwind, Steve Hillage), drummer Guy Evans (Van der Graaf), pianist Morgan Fisher (Mott the Hoople, Queen, Yoko Ono), drummer Alyrio Lima (Weather Report, Santana), cellist Michael Edwards (ELO), the late sax veteran Steve Winfield (Eric Burdon and War), multi-instrumentalist Prem Joshua, singers Miten and Deva Premal, and more. "I've been around the world a few times and got involved with various creative opportunities along the way, ranging from music and video to graphic design and some deep meditating. It's all been worth it, as I get to open up my channel, the motion of energy coursing through me like an unstoppable tide to which I just can't say no. Well, I've tried, but it's not worth it. Creativity is my life. There is so much magic in opening up to an unknown force that's yet so familiar, so intimate, so

I'll keep providing the service of being in service to the Mystery. I'll keep trusting and keep showing up and share whatever comes through. It's quite a ride. It's rock'n'roll and it's sublime. My intention in all of this is to bring more and more consciousness, more spirit, more high-resonance creativity into form - and to co-create this with others. Our next evolutionary leap is on the horizon and approaching fast, so let's bring it on and light the way with some truly inspired visions from the One." Blog [navyosho.blogspot.com/](http://navyosho.blogspot.com/)

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