

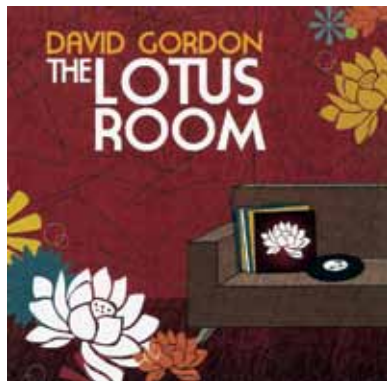
# Music Reviews

By Sarah Newland

## The Lotus Room cd By David Gordon

When you need to unwind, escape into The Lotus Room, where lazy afternoons watching the sunset melt into late night rendezvous. David Gordon, co-producer of the Buddha Lounge series, has put a fresh and original spin on chill-out lounge music with this set of smooth downtempo excursions. This is jazz-tinged electronica for elegant parties, reading, lounging or urban yoga that will always make you feel good. Make yourself comfortable, surrender to the sensuous rhythms, and immerse yourself in the warm vibes. A consistently great seller for Crazy Wisdom, David Gordon holds wide appeal and is wonderful for us to listen to here at the store.

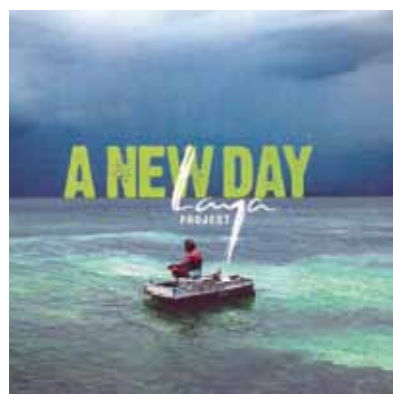
\$15.98 by Sequoia Records  
Shelved in World Music



## Namaste II cd

For Hindus and now for many others as well, the greeting of choice is namaste, the two hands pressed together near the heart with the head gently bowed. Namaste means I bow to you, acting like a simple yogic asana, balancing and harmonizing our energies, keeping us centered, inwardly poised and mentally protected. The beautiful music on Namaste II is ideal for contemplation, introspection, and yoga. In attuning yourself to the spirit of this ancient greeting, you can open the portals to your own radiant beauty. Within this music is contained knowledge from the realm of Light. Our bodies vibrate with the notes, awakening the memory and wisdom and bringing about balance and harmony. On disc one, artists include Shantala, Kiran Murti, Rasa, and Karunesh, and there is a guided meditation on disc two.

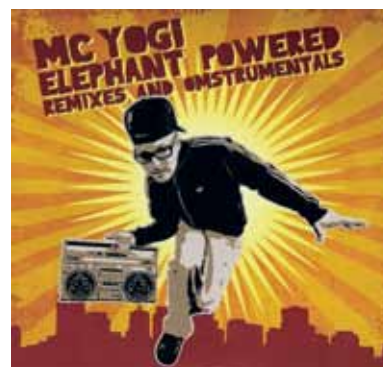
\$16.98 by Real Music  
Shelved in Meditation Music



## Laya Project cd: A New Day

Laya Project explores regional folk music traditions in remote villages that lay in the 2004 Asian tsunami's path. Laya Project's musicians are the people of Sri Lanka, Thailand, Indonesia, Maldives, Myanmar, and India. Performances of unknown local musicians were filmed and recorded on location, arranged, and mixed to create a composition that embarks on a musical journey crossing borders, while still preserving the music of the people. Five years later, bridging the distance, urban music embraces diverse traditions and cultures in Laya Project's musical celebration of life.

\$21.98 by Clementine and Earth Sync  
Shelved in World Music



## Elephant Powered Remixes and Omstrumentals cd By MC Yogi

MC Yogi's energized debut album Elephant Power introduced the world to yoga hip hop. Now, today's top remix artists offer their unique take on your favorite chakra-rocking tracks. Showcasing MC Yogi's conscious lyrics against a soundscape of earth shaking bass, world beats, and ecstatic dance grooves, these remixes are sure to raise the vibration on the dance floor and get you into the yoga flow. Omstrumentals

are instrumental versions of the best MC Yogi tracks. Beautifully remastered, these sacred world grooves provide the perfect soundtrack for your high-powered yoga practice and beyond.

\$18.98 by MC Yogi and Bhakti Brothers  
Shelved in Chant Music



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February 14—Reeling of Silk, Tai Chi Exercises

March 21—Opening Your Energy Centers

Tuition for Mini Wksp—\$50 each; \$125 all three

**April 11—Next Session of Ongoing Classes**

**Director of Peaceful Dragon School**  
Wasantha Young, a practitioner since 1968, is a master and scholar in the arts of Tai Chi and Chi Kung. She has received formal instruction in Taoist and Buddhist meditation, achieved certification in Acupressure, has obtained a Masters degree in Transpersonal Studies and has a certificate in Wellness Counseling and Mind/Body Consciousness.

**Registration and Information**

Website: [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com)

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