

Nourishing the teacher: *music resources*

There are many schools of thought on whether or not music should be used during a yoga class. On one hand, it can help craft the experience and provide a backdrop for practice. On the other hand, a tune played throughout an entire class can become a distraction, especially if the choice of music is inappropriate for a given class segment. In general, I enjoy playing entry music as students arrive and then turning the music off for the majority of the class. As I begin to transition into cooling poses, I will sometimes use a soft piece of music with Sanskrit words or no lyrics at all. I keep the music on until a few minutes into relaxation, when I fade it out to provide ample time for silence. If I am teaching a more fluid class (*like a vinyasa flow*), I tend to prepare a playlist to last the duration that begins slowly and follows the bell curve sequence of the practice. In working with themes, though, there will be times when certain pieces of music will reflect your focus so well that you may stray from the suggestions above. For example, when I teach the theme of play, I include spirited warm-up music that contributes to cultivating a light, carefree atmosphere. For a theme like water that involves fluid movements throughout the practice, I might create a mix to frame the experience of conscious, continuous movement. The key in working with music is to infuse your choices with thoughtful intention. Also, keep in mind that living as we do in a loud, overly stimulating world, yoga is often one of the only times when people can get a quality dose of space and silence.

Key	W <i>warm up/flow</i>	C <i>cool down</i>	R <i>relaxation</i>	Ch <i>chant</i>	I <i>inspirational</i>	*
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Artist	Album(s)	Key
35 th Parallel	The Green Vine	W
Angie Stone	*Mahogany Soul	I
Anugama	Shamanic Dream	W
Avishai	Ark of Dreams	W, C
B-Tribe	Sensual Sensual	W
Benjy Wertheimer	Priyagitah, Voice of Esraj	W, C, R
Bill Laswell	*Asana 2 Moving Meditation	W
Chinmaya Dunster	Yoga on Sacred Ground, Fragrance of the East	W, C
Deva Premal	Embrace, Dakshina	Ch
Eva Cassidy	Songbrid	I
Gabrielle Roth and Mirrors	*YogaFit: Music for Slow Flow Yoga	W, C
George and Salam	Halla	Ch, I
Glen Velez	*Rhythm of the Chakras	W
Craig Pruess and Ananda	108 Sacred Names Mother Divine	Ch, R
India Arie	Voyage to India	I
Jack Johnson	Curious George	I
Jai Uttal	*Music for Yoga and Other Joys	W, C
John de Kadt	Eight; This Rhythm is Not Mine	W
Kripalu Drummerz	KDZ Live, Slang Rhythm Speak	W
Krishna Das	<i>Any and All</i>	Ch
Kruder & Dorfmeister	*The K&D Sessions	W
Layne Redmond	*Invoking the Muse	W
Linda Worcester	Another Point of View	I
Macy Gray	How Life Is, The Id	I
Maneesh De Mor	Sadhana	W
Professor Trance & Energizers	*Shaman's Breath	W
Ranga	Radiant Awakening	W, C
Robert Gass	Awakening, Ancient Mother	Ch
Satyaa and Pari	Garden of Peace	Ch
Shantala	Love Window, Sri	Ch
Sheila Chandra	Quiet, Roots and Wings	W, Ch
Shiva Rea	Shakti Rhythms, Jala	W
Steve Roach	Structures from Silence	C, R
Sudhir Jonathan Faust	Touch of Grace	C
The Dum Dum Project	*Export Quality	W
The Yuval Ron Ensemble	Tree of Life	I
Tina Malia & Shimshai	Jaya Bhagavan	Ch
Todd Norian	Bija	R
Tracy Chapman	New Beginnings, Our Bright Future	I
Ty Burhoe	Invocation	I, C
Vandita Kate Marcheisello	Transform, Relax, and Rejuvenate <i>track 4</i>	R
Wah!	Hidden in the Name – Blue, <i>many other albums</i>	Ch
Xumantra	Singing Bowls	C, R
Y'All	Y'allology, The Hey Y'all Soundtrack	I

Sample Playlists:

Gentle/Moderate Class 1:

Running Time: 1:37min

<u>Track Name</u>	<u>Artist</u>	<u>Album</u>
Longing	Ty Burhoe	Invocation
Flute, Voice, And Tamboura	Sudhir Jonathan Foust	A Touch Of Grace
In The Stillness Of The Night	Russill Paul	Nada Yoga
Rag Desh - Part One (Alap)	Benjy Wertheimer	Priyagitah - The Nightingale
Celestial Abode	Todd Norian	Bija

Gentle/Moderate Class 2:

Running Time: 1:17min

<u>Track Name</u>	<u>Artist</u>	<u>Album</u>
Middle Way	John de Kadt	Eight
Indigo Sunset	Michael Hoppe	The Yearning
Indian Nights	Steve Gorn	Om Yoga Mix
Spring of Life	Avishai	Ark of Dreams
Gobi Trail	Ranga	Radiant Awakening
Devi Prayer	Craig Pures	108 Sacred Names, Mother Divine

Vigorous Vinyasa Flow 1:

Running Time: 1:07min

<u>Track Name</u>	<u>Artist</u>	<u>Album</u>
Govinda (<i>only play 1st 10min</i>)	Jai Uttal	Music for Yoga and Other Joys
Reflections	Alcyone	The Stars Are Real
River Goddess	Maneesh De Mor	Sadhana
Third Eye	Glen Velez	Rhythms Of The Chakras
Stefania's Song	Gabrielle Roth & the Mirrors	Still Chillin'
Gobi Trail	Ranga	Radiant Awakening
Descending	Gabrielle Roth & the Mirrors	Still Chillin'
Moon's Eye View	Ben Leinbach/Geoffrey Gordon/Shiva Rea	Trance Dance 2

Vigorous Vinyasa Flow 2:

Running Time: 56min

<u>Track Name</u>	<u>Artist</u>	<u>Album</u>
ORACLE	Maneesh De Mor	Sadhana
Elephant Style	The Dum Dum Project	Export Quality Dance
Jaia Ganesha	The Dum Dum Project	Desi Vibes
The Sharma Method	The Dum Dum Project	Export Quality Dance
Moon's Lament	Layne Redmond	Invoking the Muse
Cosmic Flow	Maneesh De Mor	Sadhana
Peaceful Being	Maneesh De Mor	Sadhana
Human Mesh Dance	Various	Ambient Systems (Disc 1)
Track 03	KOI	Unknown