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Meditative Flute: Learn How to Play the Native American Flute to Enhance Your Yoga, Meditation, Biking, WalkRun, Pilates, Tai Chi, Workout, or Feldenkrais Practice

By Dick Claassen

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 164 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Mantra or breath meditation, Yoga, Tai Chi, biking, Pilates, and any other fitness discipline you might practice can be a meditative experience. These disciplines are so powerful that the longer you practice, the more likely you will want to take on other healthy disciplines to complement your practice. It was in this spirit that the book, Meditative Flute, by Dick Claassen, came to be. The Native American flute has a beautiful tone, and in the right hands it can be a very meditative instrument. With this book, along with the included simplified tablature that requires no music background, you can learn to play the Native American flute in a meditative way and in just a few minutes, even if you have never played the Native American flute before. Easy chants, more challenging chants, daily chants, traditional music of the early Native Americans there is all this and more. Claassen even includes a few familiar tunes like Amazing Grace and Wayfarin Strangertunes that will take you to a level that makes your daily discipline truly enjoyable. Playing the flute before you begin your...



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