



Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice

Dick Claassen

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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' Stranger"—tunes that will take you to a level that makes your daily discipline truly enjoyable. Playing the flute before you begin your regular discipline will calm you, still your heart and take you to a peaceful place within you so the discipline you practice will be that much more beneficial. Even if you practice no regular discipline, the Native American flute will still be your spiritual friend. All you have to do is play it! This book does what no other book has done. Not only does it shepherd you through tunes that have a steady beat—a music structure we are already familiar with—it also takes you into the world of EXTEMPORANEOUS FREE-STYLE PLAYING. This style will give you even more freedom with the flute, open up even more meditative possibilities within you, and to the author's knowledge, no other Native American flute method book has gone into this style to any depth. Along with this book is an INSTRUCTIONAL VIDEO that's playable on any Mac or PC, the iPad/iPod/iPhone, any Android tablet, any smartphone, the Kindle Fire, and the B&N Color Nook. Also included are 85 MP3 AUDIO FILES of each tune in the book, all playable on any computer or mobile device. Inside the book is the URL and password where you can download all the files. You can learn even more about meditation in Dick Claassen's book, "Meditation: A Personal Journey". It's the perfect companion book for "Meditative Flute".



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Thomas Carlson:

Reading a reserve tends to be new life style in this particular era globalization. With reading through you can get a lot of information that may give you benefit in your life. Using book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire their own reader with their story or their experience. Not only the storyline that share in the textbooks. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors in this world always try to improve their ability in writing, they also doing some analysis before they write for their book. One of them is this Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice.

Teresa Brown:

The reason? Because this Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book alongside it was fantastic author who write the book in such amazing way makes the content within easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of positive aspects than the other book get such as help improving your talent and your critical thinking way. So , still want to delay having that book? If I were you I will go to the reserve store hurriedly.

Marcella Cook:

Beside this kind of Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice in your phone, it could give you a way to get nearer to the new knowledge or details. The information and the knowledge you will get here is fresh through the oven so don't be worry if you feel like an older people live in narrow village. It is good thing to have Meditative Flute: Learn how to play the Native American flute to enhance your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, or Feldenkrais practice because this book offers to you personally readable information. Do you at times have book but you seldom get what it's about. Oh come on, that won't happen if you have this in the hand. The Enjoyable option here cannot be questionable, like treasuring beautiful island. Techniques you still want to miss this? Find this book as well as read it from now!

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