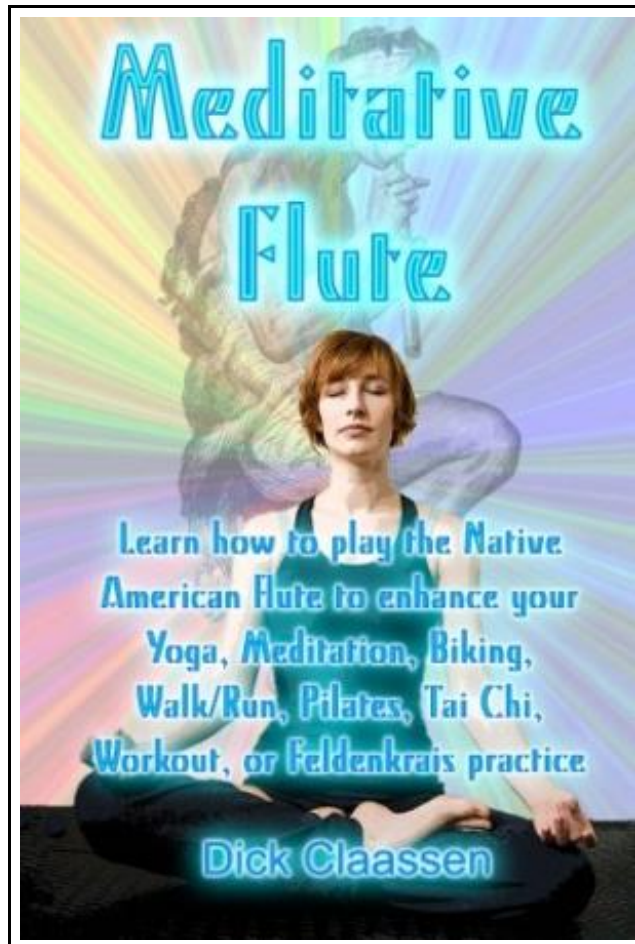


Meditative Flute: Learn How to Play the Native American Flute to Enhance Your Yoga, Meditation, Biking, WalkRun, Pilates, Tai Chi, Workout, or Feldenkrais Practice



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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 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 beata 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...



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