



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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Joshua Poulson:

Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled 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 can be good book to read. May be it might be best activity to you.

Elizabeth Villalobos:

Many people spending their time frame by playing outside using friends, fun activity with family or just watching TV the whole day. You can have new activity to invest your whole day by reading a book. Ugh, do you think reading a book can really hard because you have to use the book everywhere? It fine you can have the e-book, bringing everywhere you want in your Smart phone. Like 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 which is keeping the e-book version. So , why not try out this book? Let's notice.

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