

buddha's playground
Acoustic Music for the Soul



Katy Tsai & Bek Wermut

Blissful living and listening

In our busy lives, it's important to slow down and look after ourselves. Many scientific studies confirm that meditation slows ageing, mitigates stress and enhances general health. Sydney-based musicians Katy Tsai and Bek Wermut have launched a meditation and relaxation CD that is inspired by their love of wellbeing.

Buddha's Playground features beautifully recorded acoustic instruments such as piano, harp, guitar, chime bars, xylo drum, deep drums and other blissful acoustic sounds to foster a calmer state of mind. Get the songs from iTunes, or order your CD for **\$20** (plus postage) at www.sound-oasis.com.au.