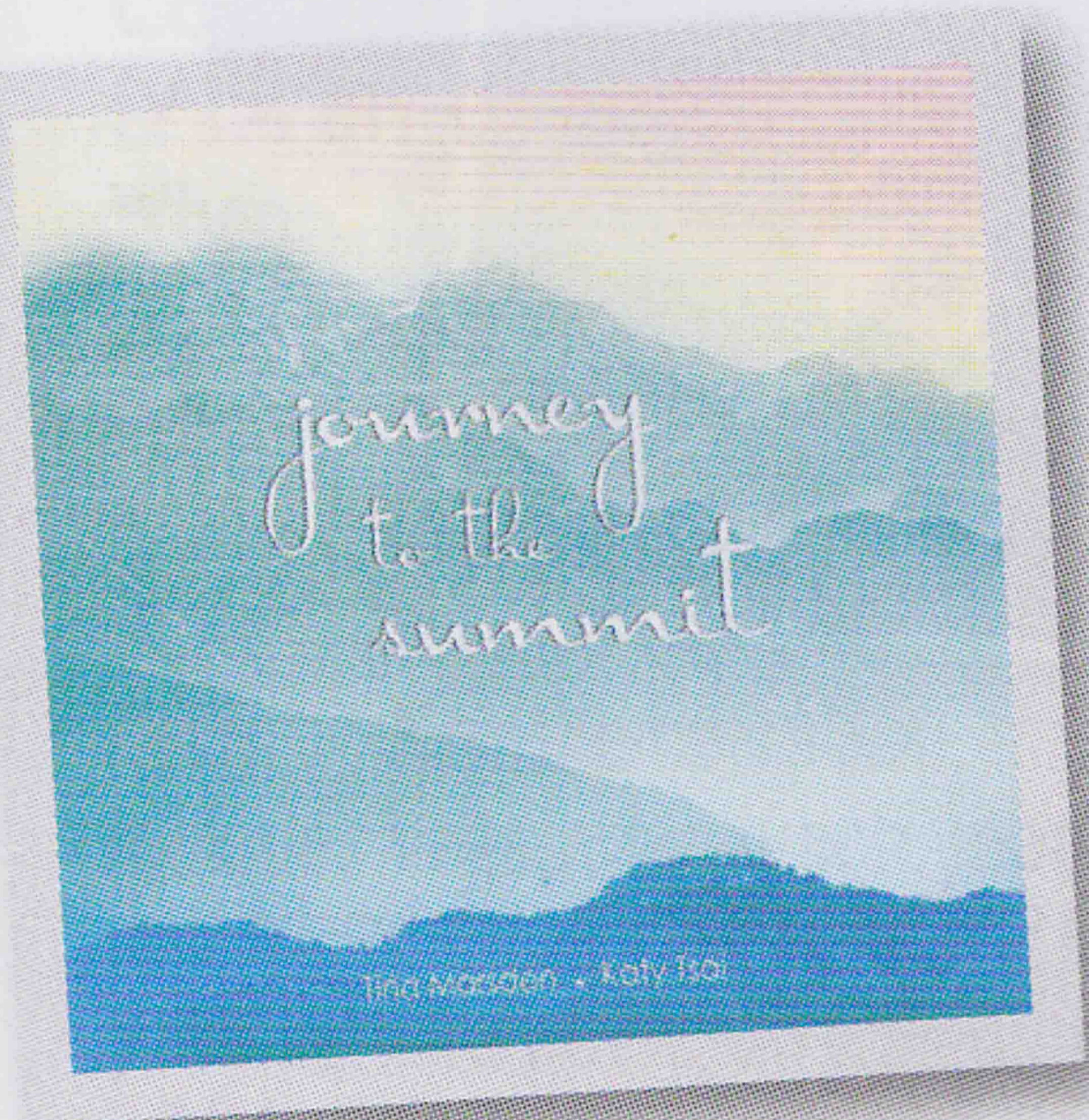


# CD REVIEW

## JOURNEY TO THE SUMMIT

Music by Tina Wild and Katy Tsai

Reviewed by Mari Notaras



Looking for some peaceful music to bring to your yoga class?

Be swept away listening to this beautiful CD by Tina Marsden and Katy Tsai. Tina is an accomplished flautist who has studied and performed with various orchestras and ensembles around the world. Katy is a talented pianist who has a repertoire of music meditation CDs which use music for deep relaxation. Together they have combined their talents to produce *Journey to the Summit*.

*Journey to the Summit* will help guide you and your students into a tranquil space with the peaceful sounds of the flute and piano. The vibrations and soft sounds penetrate every part of the body. Your thoughts will be swept away as your mind anchors and attaches to the beautiful lingering sounds of the flute. Allow your breath to deepen and rhythmically ride alongside the soft sounds. With titles named *Awakening*, *Heart Melt*, and *Surrender* you will find yourself drifting into a state of bliss. It truly is an album that will help restore your body, mind and soul.

Not only have I used this CD in my yoga classes (where students received it well and requested to play it again), my eight-year-old also regularly requests it to help her fall asleep at night.