

Music to use for movement exploration

For many years, I have been collecting inspiring recorded music that gets me moving. This list is arranged subjectively, starting with music that inspires meditation and deep, subtle inner movement. At the end of the list are pieces of music that inspire energetic, outgoing, and enlivening movement. Discs I frequently use in teaching class are marked with **. -- Roger Tolle, July 2011

Benjamin lobst: Seven Metals: Singing Bowls of Tibet

David Hykes and The Harmonic Choir: Current Circulation; Hearing Solar Winds.

Brian Eno: Ambient 2; Ambient 4; Music for Airports; Discreet Music.

Al Gromer Khan: Mahogany Nights.

Laraaji: Essence/Universe.

**Aeolia: Angel Love.

**Anugama: Healing; Tantra; and others.

Arvo Part: Alina

**Raphael: Music To Disappear In; Music to Disappear In II.

Coyote Oldman: Landscape, In Medicine River.

**Steve Roach: Dreamtime Return; Quiet Music.

Michael Vetter: Overtones.

Subramanian: Expressions of Impressions.

Paul Winter: Callings; Earth Beat; and others.

Enya: Watermark; Shepard Moons.

Jan Garbarek and the Hilliard Ensemble: Officium.

The Gyuto Monks: Tibetan Tantric Choir.

Bulgarian State Women's Choir: Mystere de la Voic Bulgarie

Lisa Gerrard: The Mirror Pool

John Adams: Light Over Water.

Philip Glass: Glassworks.

**Michael Jones: **Seascapes; Windsong; Wind and Whispers; Amber; Dawn; (and others).

**Peter Kater: Piano

**David Darling: **Eight String Religion; Amber; and others

**Govi: Sky High, and others.

Michael Hedges: Breakfast in the Field

Shiela Chandra: Roots and Wings ; ABoneCroneDrone.

Jeff and Joan Beal: The Gathering.

**Loreena McKennitt: The Book of Secrets; and others.

**Violaine Corradi: Passages.

VAS: Sunyata

Mari Boine Persen: Gula Gula

**Deva Premal: The Essence, and others

Nada Shakti and Bruce BecVar: Jiva Mukti

Beth and Cinde, Wild Roses: Voices on the Wind.

Paul Schwartz: Aria

Andrea Bocelli: Romanza

Josh Groban: Josh Groban

Various Artists: Hits of Western Swing (CMH Records)

Various Artists: It's Swingtime (by Media-Markt)

Various Artists: Country Banjos (MCMXCI Intersound)

Various Artists: Fiddlers' Hall of Fame (CMH Records)

Various Artists: Gypsy Passion, New Flamenco (Narada Collection Series)

**Ottmar Liebert: Nouveau Flamenco; Borrasca.

**Rodolfe Raffalli, Gypsy Swing Guitar

Mickey Hart: On the Edge.

**Jai Uttal, and the Pagan Love Orchestra: Beggars and Saints

Martin Cradick: Baka Beyond, Spirit of the Forest.

Gabrielle Roth: Initiation; Totem; **Ritual; **Bones; Waves; **Tongues; Trance;
**Luna; Stillpoint; and others.

Various artists: Thunder Before Dawn (The Indestructible Beat of Soweto Vol. 2).

Bhagwan Shree Rajneesh: Dynamic/Kundalini Movement Meditations.

Babatunde Olatunji: Dance to the Beat of My Drum.

**Brent Lewis: Earth Tribe Rhythm; Rhythm Hunter; Thunder Down Under; **Pulse.

Scott Fitzgerald: All One Tribe; Thunderdrums.

**Tigger Benford: Noise of Choice.