

# Global Relaxation: Traditional Music for Relaxation & Meditation: Zimbabwe, India, Spain, the Andes

Erica Kundidzora Azim

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While relaxation music is still a relatively new thing for American ears, cultures in Africa, South America, India, and Spain have been using music and sound as a calming presence for centuries. This collection offers four new recordings of traditional music geared toward inner tranquility. 4 cassettes.



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