



Colin's suggestions for Relaxation music

www.colinlongworth.com.au

www.liferesolutions.com.au/Huntingdale

= CD's I've got myself

Tony O'Connor Music

<http://www.tonyoconnor.com.au/catalogue/cds.htm>

e.g. "Rainforest Magic" that I use - <http://www.tonyoconnor.com.au/albumpages/rmagic.htm> ##



A few suggestions usually only heard as a musical recording / classical concert performance, (in no particular order) found on Youtube:

1. *Cantus in memoriam Benjamin Britten* by Arvo Pärt <https://www.youtube.com/watch?v=82-xbfNR2g>
2. Adagio for Strings (Samuel Barber) <http://www.youtube.com/watch?v=KylMqxLzNGo>
3. R. Vaughan Williams - The Lark Ascending <http://www.youtube.com/watch?v=wmT2jkKCEsg>
4. Music by Ralph Vaughan Williams - Fantasia on Greensleeves <http://www.youtube.com/watch?v=Ak85S5KZoKE>
5. Erik Satie: Gymnopedie 1,2,3 Gnossienne 1,2,3,4 <https://www.youtube.com/watch?v=DR2DbU5Uq-4>
6. Beethoven - Moonlight Sonata (FULL) <https://www.youtube.com/watch?v=4Tr0otuiQuU>
7. "The Mission" Film Theme - Gabriel's Oboe ([Ennio Morricone](#)) <http://www.youtube.com/watch?v=lxby9BzJfEo>
8. Norfolk Rhapsody No.1 by [Ralph Vaughan Williams](#) <http://www.youtube.com/watch?v=GUNe0bkXEIg>
9. Fantasia on a Theme by Thomas Tallis - Ralph Vaughan Williams <https://www.youtube.com/watch?v=ihx5LCF1yJY>
10. "Picnic at Hanging Rock" theme soundtrack Gheorghe Zamfir 'Doina Sus Pe Culmea Dealului' <http://www.youtube.com/watch?v=Y-XWql7pWWs>
11. [Claude Debussy](#), Prélude à l'Après-midi d'un faune <http://www.youtube.com/watch?v=bYyK922PsUw>



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12. Cinema Paradiso "soundtrack final" "Tema finale" "final theme"

<http://www.youtube.com/watch?v=qMgTCtSxOHE>

13. "The Godfather" Theme Song

<http://www.youtube.com/watch?v=HWqKPWO5T4o>

14. "Atonement" Soundtrack-Farewell

<http://www.youtube.com/watch?v=UX10pwbPaUc>

15. "Atonement" - Clair de Lune

<https://www.youtube.com/watch?v=ezW81tFsaw0>

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Riley Lee - shakuhachi

"Riley's music is meditation. It has been used worldwide in yoga and tai chi classes, and by massage, acupuncture, and other bodywork therapists."

A few selections of him from youtube

Spiritus Lenis Gentle Breathe -Riley Lee

https://www.youtube.com/watch?v=gfRH_Vx0DyQ

Shakuhachi master Riley Lee performs San'an

<http://www.youtube.com/watch?v=i7nX23-DyWs>

Satori - Riley Lee and Gabriel Lee (Satori)

<http://www.youtube.com/watch?v=IP6Xd86uaOw>

Riley Lee - Time Stood Still

<https://www.youtube.com/watch?v=hnupNMo8wGc>

3 Meditations - Riley Lee

<https://www.youtube.com/watch?v=u3VAqPfZjgl>

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Stephanie McCallum: Perfume: The Exquisite Piano Music of France.

<http://www.stephaniemccallum.com/recording/perfume>