

# Savasana Yoga Music

Healing Guitar for Massage, Sleep and Yoga Nidra



Stevin McNamara

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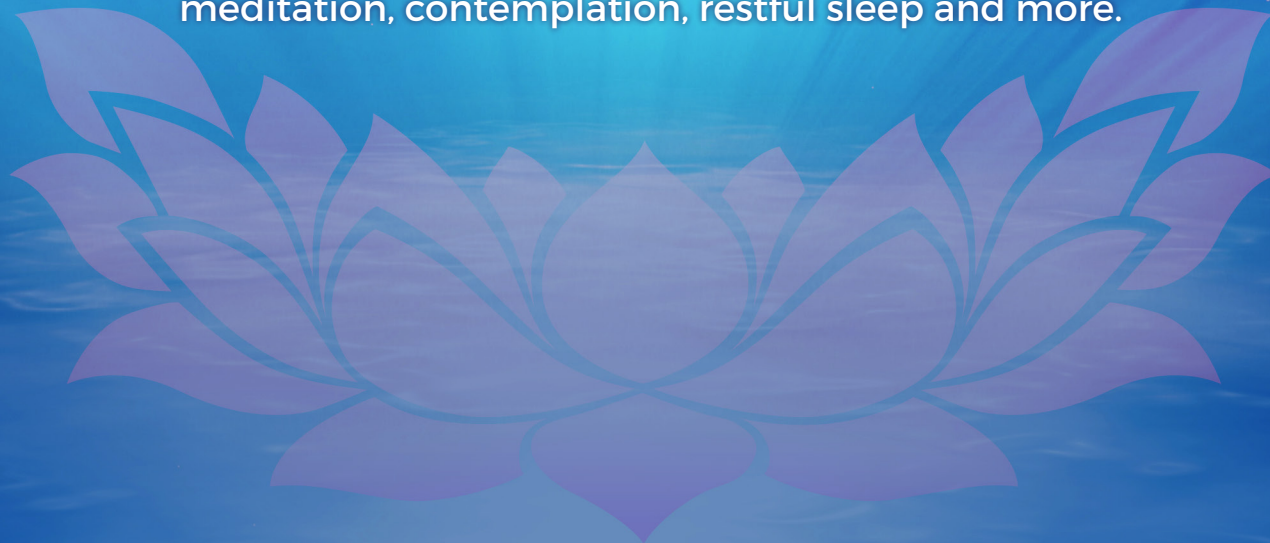
Healing Guitar for Massage, Sleep and Yoga Nidra

by Stevin McNamara

With this, his eighth solo album, **Stevin McNamara** continues his musical journey, inspired by the classical music of North India and the ancient sound traditions of the Vedic yogis.

The full program of twenty musical pieces is over two hours long and is selected from Stevin's favorite compositions from the last 15 years, along with several unreleased compositions, presented in a new and unique form, and accompanied by beautiful, healing beds of sound created by renowned sound healer and master drummer **Christo Pellani**.

This organic music takes us into peaceful and relaxing spaces – a musical bridge into the dream state and beyond, leaving us with the feeling of rest in nature and connecting us to a higher state of awareness. The combination of all-natural, acoustic and non-computerized sound creates a fresh and deep musical landscape for relaxation, savasana, yoga nidra, meditation, contemplation, restful sleep and more.



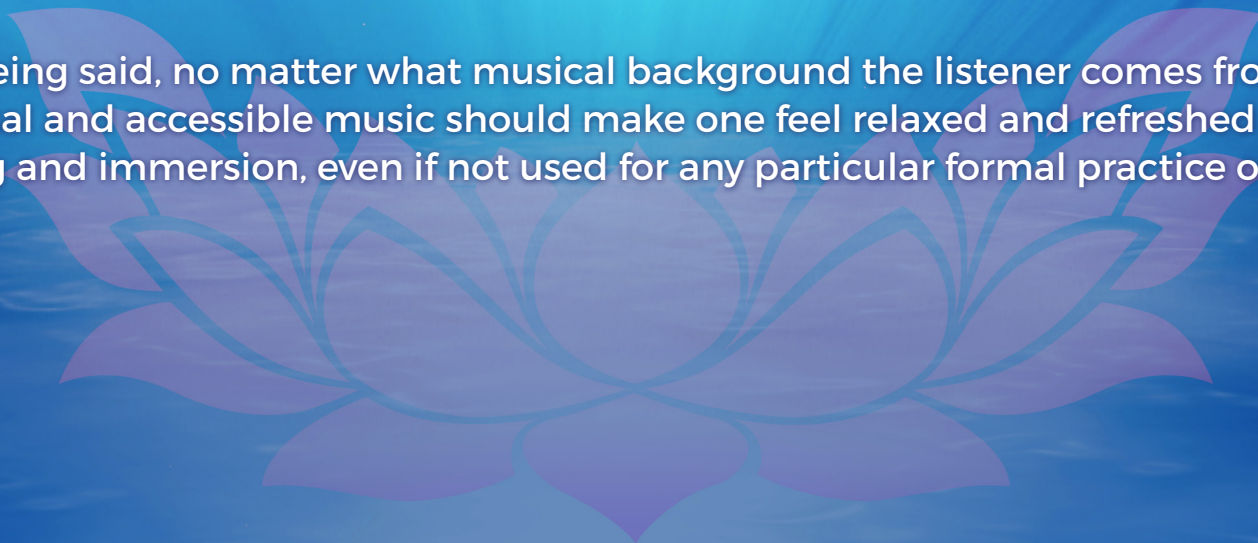
# About the Music

Most pieces are based on traditional Indian ragas (“that which colors the mind”) in the Alap style – where melody is explored without rhythm, although some have a natural rhythm – but they are performed in a way that is easily accessed by the western ear.

The powerful melodic passages create a focus for the attention, soothing and relaxing for body and mind, centering the emotions. The melodic structures in each raga have been passed down through the ages and are intended, when played correctly, to manifest or invoke specific emotional states and feelings such as love, devotion, longing, peace, joy, separation, et al.

These raga-based melodies on guitar, sitar and dilruba are accompanied by various drones and such healing instruments as Tibetan bowls, bells and gongs, tubes and real nature sounds – which have been shown by their pure tonal attributes and primordial nature to induce the listener into higher brainwave states, e.g., alpha and theta. This unique combination of acoustic musical instruments and healing pure tones are what form the basis of this album.

All being said, no matter what musical background the listener comes from, this universal and accessible music should make one feel relaxed and refreshed – just by listening and immersion, even if not used for any particular formal practice or purpose.



# The Deeper Meaning

Enter a world that is far away from the struggle and strife, conflict, stress and frustration that so often influences our day – the world of savasana and its deeper practice, yoga nidra.

Statistics and studies show time after time that one of the biggest problems facing modern culture today is stress. Having grown weary of the path of pharmaceutical drugs and antidepressants, many people are turning to more natural ways of combating stress – such as yoga, spending more time alone in nature, massage, meditation and immersion in healing music to relax. In our world, people are not able to find the time or space to process their emotions – which build up, causing many new maladies.

As far back as 5,000 years ago, in the Vedic era in India, a deep knowledge and experience of the power of music and sound played a big part in yogic and spiritual practices. Yoga was part of everyday life, a powerful vehicle created to bring a person into a state of balance and harmony – physically, mentally and emotionally.



# What is Your Heart Desire?

Sankalpa: the goal of all forms of yoga, meditation, relaxation and true contemplation. A sankalpa practice starts from the radical premise that you already are who you need to be to fulfill your life's dharma. You need only to focus your mind, connect to your most heartfelt desires, and channel the divine energy within. The yoga practitioner, first through savasana and then yoga nidra, enters a deep state of awareness allowing complete concentration to focus on one's sankalpa, or innermost desire.

Savasana (the corpse pose) is often considered the most important part of all yoga practices. It is the culmination of all that has gone before. What follows is yoga nidra, which means "psychic sleep," i.e., sleep with full awareness, where we bring our full attention to the true meaning of our life in this world.

In the true yogic tradition, the results of these practices are said to minimize tension, relax the mind, clear the unconscious, counteract stress, manage psychological disorders and psychosomatic diseases, release repressed emotions and promote willpower.



# Thank You

Once again I am deeply grateful and fortunate to be collaborating with master drummer and sound healer Christo Pellani, whose beautiful, healing soundscapes and textures can be heard throughout this album. Heartfelt thanks and gratitude.

Special thanks to my wife Ana, for all the love, support and endless patience.  
Special thanks to Parmita Pushman of White Swan Records for making this album possible.  
Special thanks to Cheryl McEnaney and Selena Dubgoddess for your valuable contributions.  
Special thanks to Daniela Boifava for the gorgeous artwork and design.

## Musicians

**Stevin McNamara** - *nylon string guitar, sitar, dilruba and tanpura*

**Christo Pellani** - *drones, Tibetan singing bowls, crystal bowls, sound tubes, bells, gongs, sound pyramid, chakra alignment tubes, monochord, tuning forks, bell tree, shakers, clave, rainstick, chimes*



# Track List

## Dawn Flow

1. Savasana Sunrise
2. Rising from Sleep
3. Sun Salutation Guitar
4. Embracing the Dawn Yoga Nidra
5. Greeting the Day Yoga Music

Total Time 28:35

## Sunset Flow

6. Savasana Sunset
7. Between the Worlds Yoga Nidra
8. Healing Heart Guitar
9. Journey to the Stars (Celestial Music)
10. Healing Waters Massage Music

Total Time 33:42



## Evening Flow

11. Yoga in the Garden of the Gods
12. Savasana Silver Moon
13. Rani's Healing Garden
14. Yoga Nidra Dream Part 1
15. Yoga Nidra Dream Part 2

Total Time 30:12

## Late Night Flow

16. Rupiya Healing Moon
17. Midnight Chandra Massage
18. Healing Under the Neem Tree
19. Heavenly Sleep Part 1
20. Heavenly Sleep Part 2

Total Time 37:12





# Credits

All songs composed, arranged and produced by Stevin McNamara

- Soundscapes arranged and produced by Christo Pellani

Recorded by Stevin McNamara at Crystal Mountain Studios, Ashland, Oregon

Sound Healing sounds recorded by Christo Pellani at Soundformation Studios,  
Los Angeles, California

Edited, mixed and mastered by Stevin McNamara at Crystal Mountain Studios

Cover & booklet design by Daniela Boifava, Vision Gate Design

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