
Subject: Re: Music for Relaxation and Meditation
Posted by [falloutgirl](#) on Mon, 27 Jun 2011 23:24:03 GMT
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For meditating I usually avoid songs with words because it's distracting and I tend to sing along so I usually go with the classics like Beethoven and Bach. But if it's for chill, I go for easy listening music and acoustic singer songwriters like Ingrid Michaelson, Sara Bareilles, Laura Izibor etc
