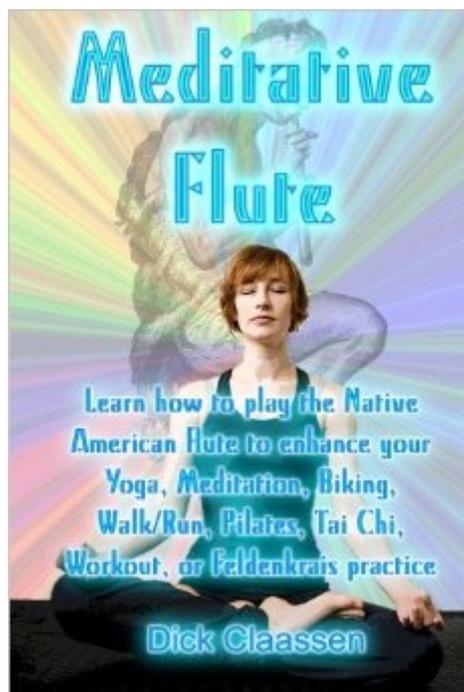


The book was found

Meditative Flute: Learn How To Play The Native American Flute To Enhance Your Yoga, Meditation, Biking, Walk/Run, Pilates, Tai Chi, Workout, Or Feldenkrais Practice



Synopsis

Mantra or breath meditation, Yoga, Tai Chi, biking, Pilates, and any other fitness discipline you might practice can be a meditative experience. These disciplines are so powerful that the longer you practice, the more likely you will want to take on other healthy disciplines to complement your practice. It was in this spirit that the book, *œMeditative Flute* •, by Dick Claassen, came to be. The Native American flute has a beautiful tone, and in the right hands it can be a very meditative instrument. With this book, along with the included simplified tablature that requires no music background, you can learn to play the Native American flute in a meditative way and in just a few minutes, even if you have never played the Native American flute before. Easy chants, more challenging chants, daily chants, traditional music of the early Native Americansâ ”there is all this and more. Claassen even includes a few familiar tunes like "Amazing Grace" and "Wayfarin' Stranger"â ”tunes that will take you to a level that makes your daily discipline truly enjoyable. Playing the flute before you begin your regular discipline will calm you, still your heart and take you to a peaceful place within you so the discipline you practice will be that much more beneficial. Even if you practice no regular discipline, the Native American flute will still be your spiritual friend. All you have to do is play it! This book does what no other book has done. Not only does it shepherd you through tunes that have a steady beatâ ”a music structure we are already familiar withâ ”it also takes you into the world of EXTEMPORANEOUS FREE-STYLE PLAYING. This style will give you even more freedom with the flute, open up even more meditative possibilities within you, and to the author's knowledge, no other Native American flute method book has gone into this style to any depth. Along with this book is an INSTRUCTIONAL VIDEO that's playable on any Mac or PC, the iPad/iPod/iPhone, any Android tablet, any smartphone, the Kindle Fire, and the B&N Color Nook. Also included are 85 MP3 AUDIO FILES of each tune in the book, all playable on any computer or mobile device. Inside the book is the URL and password where you can download all the files. You can learn even more about meditation in Dick Claassen's book, *œMeditation: A Personal Journey*â •. It's the perfect companion book for *œMeditative Flute*â •.

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Customer Reviews

2 stars because I admire anybody that gets something published, but there's better stuff out there. The frequent references to a flute made out of toilet bowl material (pvc pipe) is oddly out of place in this Patchoulli reeking piddle. Buy this if you're friends of the author, he's probably a nice guy, otherwise search elsewhere. Try Scott August for one- and there are others.

Very good book for beginners-to-Intermediate skill on the NAF. This is a surprisingly thick little book and fairly comprehensive, in that it covers more material than simply giving you song tabs. There is a short chapter about Native American flutes as well as a short chapter about meditation....(these can be skipped if you like)....and a section on the basics of playing the NAF. The variety of songs included in this book run from simple practice 'sing-song' tunes, to meditative 'chant' sounds, to the more traditional Native American songs. LOTS of music for a very modest price. Claassen walks you thru reading NAF tablature, as well a sections on breath control, note shaping, and various sound techniques. There are many practice exercises, each emphasizing a slightly different skill. The book provides download links for videos, and mp3 sound files of all the songs and exercises. Quality of the sound files is excellent and quite helpful. A quick caution.....the overall writing style of the book uses frequent references to meditation, yoga, breathing, stretches, etc. . If you are into this sort of thing, then the book will flow. If you are not, then you may find the writing style a bit tedious. If you fall into the later camp, I strongly urge that you not dismiss the book because of the writing style. The flute techniques, exercises, tablature reading, and general flute tutorials are actually quite good. The song selection contains enough varied material that anyone will find enough flute tabs to their liking to make it worth the price of the book.

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