

Music Playlists

Please click on the links to take you to my Apple Music Playlists.

Yin Yoga/Savasana

<https://music.apple.com/gb/playlist/yin-yoga-savasana/pl.u-yZyVP2mCDXEA9v9>

Slow music with ideally no rhythm. Easy to meditate to.
Will add more of my own versions of slow tunes once they are on Spotify.

2 hours 25 minutes

Traditional Indian Yoga

<https://music.apple.com/gb/playlist/traditional-indian-yoga/pl.u-pMyIDpmcG3zaMx>

Music with elements from Indian Classical music with calming elements.

1 hour 03 minutes

Hatha Yoga / Chill Beats

<https://music.apple.com/gb/playlist/hatha-yoga-chill-beats/pl.u-r2yBJ5BsdKxEIA>

Gentle music with slow rhythms. Ideal for speaking over without too much noise.

1 hour 59 minutes

Vinyasa / Workout beats

<https://music.apple.com/gb/playlist/vinyasa-workout-beats/pl.u-EdAVvPYu91rRj5>

Faster flow and rhythms. The music can be dynamically ranged, i.e. some songs start slow then build up. The others follow a simpler harmony.

2 hour 25 minutes

Total: 7 hour 52 minutes

Please note, some of the playlist songs will change over time so timings may fluctuate.