



## **Shakuhachi Meditation Music: Traditional Japanese Flute for Zen Contemplation**

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## Shakuhachi Meditation Music: Traditional Japanese Flute for Zen Contemplation

Virtuoso Stan Richardson offers 13 authentic bamboo flute selections, each one a soothing contemplation meant to still the mind and awaken attention. Selections range from spare, haunting contemplations to complex tone poems. Excellent for yoga, meditation, exercise, and bodywork.

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