

## CHAKRA 4 / Liste des musiques du kriya

### Echauffements :

Exercice	Titre	Interprète	Album	Lien
	On sacred ground	Chinmaya Dunster	Yoga : On sacred ground	<a href="http://www.chinmaya-dunster.com/yoga-sacred-ground.php">http://www.chinmaya-dunster.com/yoga-sacred-ground.php</a>

### Complete Workout for the Elementary Being

Exercice	Titre	Interprète	Album	Lien
1	Har (Stability)	The Underlying Stars	Subagh Kriya	<a href="https://itunes.apple.com/fr/album/subagh-kriya/id276888524">https://itunes.apple.com/fr/album/subagh-kriya/id276888524</a>
2	Guru Ramdas Miracle	Amrit Kirtan	Sacred Circle	<a href="https://amritkirtan.bandcamp.com/album/sacred-circle">https://amritkirtan.bandcamp.com/album/sacred-circle</a>

### Heart and Soul

Exercice	Titre	Interprète	Album	Lien
3	Across the waters	Byron Metcalf, Mark Seelig & Steve Roach	Wachuma's Wave	<a href="https://itun.es/fr/sbI4">https://itun.es/fr/sbI4</a>
4	The infinite movement	Jabrane Mohamed Sebnat	Meditation of the directions	<a href="https://itun.es/fr/cMsRab">https://itun.es/fr/cMsRab</a>
5	Dynamisation harmonique	La voix tibétaine	Denis Fargeot	<a href="http://www.editionsdu7.com/index.php?option=com_hikashop&amp;ctrl=product&amp;task=show&amp;cid=11&amp;name=la-voix-tibetaine-veronique-et-denis-fargeot&amp;Itemid=&amp;category_pathway=16">http://www.editionsdu7.com/index.php?option=com_hikashop&amp;ctrl=product&amp;task=show&amp;cid=11&amp;name=la-voix-tibetaine-veronique-et-denis-fargeot&amp;Itemid=&amp;category_pathway=16</a>
6	Relaxation	Didgeridoo	Barramundi	<a href="http://www.soundtravels.co.uk/p-Didgeridoo__Barramundi-32.aspx">http://www.soundtravels.co.uk/p-Didgeridoo__Barramundi-32.aspx</a>
7	Aum	Divination	Asana : Soul Practice	<a href="http://www.cduniverse.com/checkout/cart.asp?style=music&amp;pid=4984734">http://www.cduniverse.com/checkout/cart.asp?style=music&amp;pid=4984734</a>
8	Bhand Jamme	Benjahmin	Wholly woman	<a href="https://www.satnam.eu/wholly-woman-benjamine-cd-p-5073_fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/wholly-woman-benjamine-cd-p-5073_fr.html?ref=689&amp;affiliate_banner_id=1</a>
9	Ong Sohung	Elodie et Brice	Enregistrement perso	
10	A call of compassion to humanity	Nawang Khechog	Music as medicine	<a href="https://www.nawangkhechog.com/music/edicinecd.php">https://www.nawangkhechog.com/music/edicinecd.php</a>

### Pranic Meditation for Heart center

11	Bols	?	?	?
12	Kosmik Prankster	Dr Das	Emergency Basslines	<a href="https://www.discogs.com/fr/Dr-Das-Emergency-Basslines/release/1591546">https://www.discogs.com/fr/Dr-Das-Emergency-Basslines/release/1591546</a>
13	Sea of Vapours	Nusrat Fateh Ali Khan	Mustt Mustt	<a href="https://realworldrecords.com/release/49/mustt-mustt/">https://realworldrecords.com/release/49/mustt-mustt/</a>
14	Seven Bubbles	Prem Joshua	In Concert	<a href="http://premjoshua.com/album/in-concert/">http://premjoshua.com/album/in-concert/</a>

### Relaxation :

Exercice	Titre	Interprète	Album	Lien
	Medicine Buddha mantra	Lama Gyurme	Rain of blessings	<a href="https://realworldrecords.com/release/118/rain-of-blessings/">https://realworldrecords.com/release/118/rain-of-blessings/</a>