

## CHAKRA 5 / Liste des musiques du kriya

### Echauffements :

Exercice	Titre	Interprète	Album	Lien
	True Heart	Kate McKenzie	Seven Steps	<a href="https://www.satnam.eu/seven-steps-kate-mckenzie-p-642.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/seven-steps-kate-mckenzie-p-642.fr.html?ref=689&amp;affiliate_banner_id=1</a>

### Wahe Guru Kriya

Exercice	Titre	Interprète	Album	Lien
1 à 3	Wahe Guru	Gurudass Kaur	Enchanted	<a href="https://www.satnam.eu/enchanted-gurudass-yogamusic-p-489.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/enchanted-gurudass-yogamusic-p-489.fr.html?ref=689&amp;affiliate_banner_id=1</a>
4 et 5	Wahe Guru Groove	Kirtan Singh et Simran Kaur	Tantric Mool Mantra and Wahe Guru	<a href="https://www.satnam.eu/mool-mantra-tantric-wahe-guru-simran-kaur-kirtan-singh-p-564.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/mool-mantra-tantric-wahe-guru-simran-kaur-kirtan-singh-p-564.fr.html?ref=689&amp;affiliate_banner_id=1</a>
6	Kirtan Kriya	Nirinjan Kaur	Kirtan Kriya	<a href="https://www.satnam.eu/kirtan-kriya-nirinjan-kaur-cd-p-6490.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/kirtan-kriya-nirinjan-kaur-cd-p-6490.fr.html?ref=689&amp;affiliate_banner_id=1</a>
7	Sa Ta Na Ma	Simran Kaur et Guru Prem	Sa Ta Na Ma Tantric	<a href="https://www.satnam.eu/sa-ta-na-ma-tantric-kirtan-kriya-style-cd-p-633.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/sa-ta-na-ma-tantric-kirtan-kriya-style-cd-p-633.fr.html?ref=689&amp;affiliate_banner_id=1</a>

### Danse simple

8	Be Africa	Bibi Tanga and the Selenites	Dunya	<a href="https://itunes.apple.com/us/album/be-africa-remixes/id415836899">https://itunes.apple.com/us/album/be-africa-remixes/id415836899</a>
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### Neck Series

Exercice	Titre	Interprète	Album	Lien
9	Guru RamDas feat. Yogi Bhajan	Feather and Dot		<a href="http://www.spiritvoyage.com/mp3download/Guru-Ram-Das-featuring-Yogi-Bhajan/Feather-and-Dot/ALB-900485.aspx">http://www.spiritvoyage.com/mp3download/Guru-Ram-Das-featuring-Yogi-Bhajan/Feather-and-Dot/ALB-900485.aspx</a>
10	Ek Ong Kar	Jaya Lakshmi and Anand	Kundalini Kirtronica	<a href="https://www.satnam.eu/kundalini-kirtronica-jaya-lakshmi-anand-cd-p-6769.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/kundalini-kirtronica-jaya-lakshmi-anand-cd-p-6769.fr.html?ref=689&amp;affiliate_banner_id=1</a>
11	Eternity	Kate McKenzie	Seven Steps	<a href="https://www.satnam.eu/seven-steps-kate-mckenzie-p-642.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/seven-steps-kate-mckenzie-p-642.fr.html?ref=689&amp;affiliate_banner_id=1</a>
12	Magnesium Night Light	Hari Simran Singh	Gong II Dr Yogi	<a href="https://www.satnam.eu/gong-2-dr-yogi-hari-simran-singh-cd-p-3659.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/gong-2-dr-yogi-hari-simran-singh-cd-p-3659.fr.html?ref=689&amp;affiliate_banner_id=1</a>
13	Kal Akaal	Simrit Kaur	From the Ancient Storm	<a href="https://www.satnam.eu/from-the-ancient-storm-simrit-kaur-cd-p-6666.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/from-the-ancient-storm-simrit-kaur-cd-p-6666.fr.html?ref=689&amp;affiliate_banner_id=1</a>
13	Mul Mantra	Sukha	Rise	<a href="https://www.satnam.eu/rise-sukha-cd-p-7238.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/rise-sukha-cd-p-7238.fr.html?ref=689&amp;affiliate_banner_id=1</a>

### Méditation : Universal Communication

14	Adi Shakti	Gurudass Kaur	Adi Shakti	<a href="https://www.satnam.eu/adi-shakti-gurudass-yogamusic-p-433.fr.html?ref=689&amp;affiliate_banner_id=1">https://www.satnam.eu/adi-shakti-gurudass-yogamusic-p-433.fr.html?ref=689&amp;affiliate_banner_id=1</a>
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### Relaxation :

Exercice	Titre	Interprète	Album	Lien
15	Ohpa-Me	Dechen Shak-Dagsay	Dewa Che	<a href="http://www.couleurs-arc-en-ciel.com/musique--dechen-dewa-che.html">http://www.couleurs-arc-en-ciel.com/musique--dechen-dewa-che.html</a>