

@ Office



Slowing the pulse & heart rate

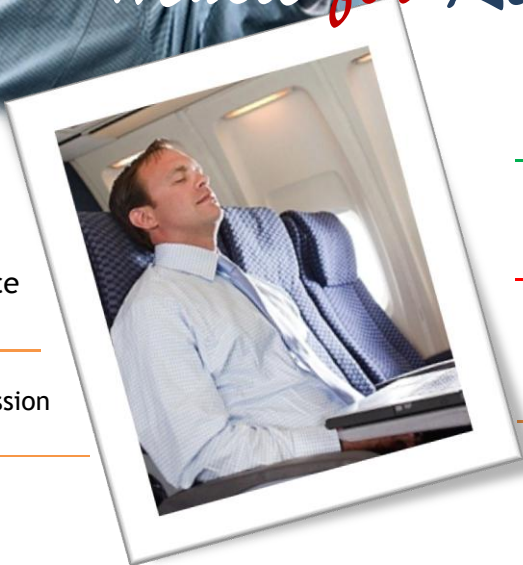
Lowering blood pressure

Music for Relaxation..!

Reduce emotional distress, anxiety

Improvement of Mood

Boosting quality of life



A positive and motivating
energy for the human resource

A minimum 5 to 30 minutes session

Music for Relaxation – ‘Music Therapy @ Work Place’

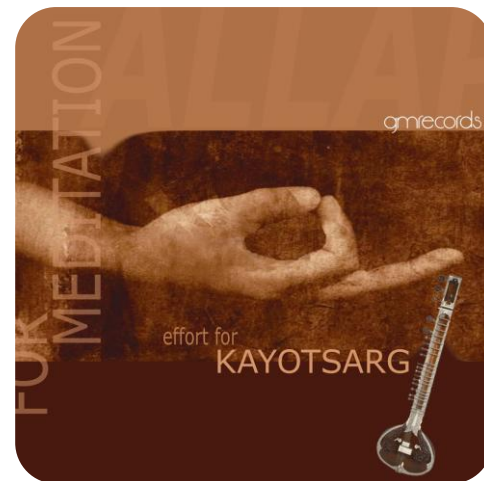
Specially researched music for healing and therapy and curing several mental disorders

Special musical theme/sounds and ragas for healing and stress management

The music in the Album is exclusively researched by Guitarmonk Records targeting stress reduction, reduced anxiety levels and spreading a favorable, friendly environment that will soothe the nerves and create a positive energy in the work force.

The music of the given album is recorded with the therapeutic objective i.e. transferring the negative energies to creative outlets with positive sounds and vibes.

The Philosophy of Album comprises of two words ‘Kaya’ (means Body & Consciousness) + ‘Utsarg’ (means to rise) i.e. ‘Kayotsarg’ which means uprising consciousness.





'Music Therapy @ Work Place'

Application of Music - (5 minutes to Half hour)

- At specific rest rooms or reception, canteen space
- At Individual system
- At specific time slots in morning, lunch or evening
- As a specific session during specific time say break time for 1 tune or more per session.

The classical compositions (ragas) of music create deep impact on our mind and emotions. The sonic vibrations of its specific compositions also heal psychological disorders.

Immediate benefits this album offer is mental peace by alleviating tensions and providing an enchanting and creative diversion to the mind.

Music of Relaxation includes - ½ hour session

KAYOTSARG		
1	Yoga Nidra	4:54
2	Kayotsarg	11:48
3	Venudhwani	12:09
TOTAL SESSION # 29 MINUTES		28:51

The 'music of relaxation' will help in generating new hope, joy and enthusiasm in the otherwise dull or depressed mind and removes the disorders and relieves one of the untoward pressures and excitements of inferiority, despair, fear, anger, etc. Because of its fast remedial effects, which lead to eventual cure of the psychosomatic disorders, it also influence insomnia, migraine, hypertension, chronic headache, anxiety, etc

Contact for OFFICIAL PLAYING LICENSE

info@guitarmonk.com | 9716045455

www.rasrang.org | www.guitarmonkcorporate.in

Note – Samples of the music are either enclosed as email attachment or can be heard at www.rasrang.org. Please feel free to communicate for any more queries.

Guitarmonk - a 360 degree music concept, representing a music Record Label and chain of Guitar Schools | www.guitarmonk.com

Other Valued Music Therapy offerings by Guitarmonk are

4 to 8 hours Indian Music Radio	GM Radio
Researched music for Morning Therapy	<u>Music for Morning</u>
Swarang - 'Music Colors of India'	<u>Swarang</u>

Other Music Concepts offerings by Guitarmonk are

Concept Gifts

Instrumental | Meditational | Devotional | Ragas | Folk | Classical

Guitar Music

Ragas on Guitar | Classic Moods | Ghazal | Classical

Workshop

Raga on Guitar Workshop | Classical Guitar | Bollywood Guitar

Our Group

gmrecords

GMRadio

guitarmonk
a 360 degree music concept