

# LA YOGA

AYURVEDA AND HEALTH

JULY/AUGUST 2008  
VOLUME 7 / NO. 7

SOUTHERN CALIFORNIA'S  
FREE YOGA MAGAZINE

## playful practice

kids, youth,  
family,  
pregnancy &  
partner yoga

david lynch  
gets creative

meditation goes  
to school

El Yoga del Juego

raw food  
for kids



Thierry  
David  
Zen World  
Real Music

Internationally acclaimed French composer, director and producer Thierry David has made a name for himself over the years with the famous Buddha Bar series. In *Zen World*, David uses piano and synthesizer soundscapes that blend well with groove beats and improvised vocals from Latin America, Asia and Europe. The music on this album is thoroughly relaxing, but not in the usual way of New Age music. Here the music is smooth and loungey. It's the sort of composition you might listen to around the pool on a lazy Saturday after a party. The texture is trippy and even silky (if that's possible).

I liked "I Miss You So" a lot for its cool,

feminine sensitivity. "Asian Rhapsody" keeps the album passive and is an easy listen. This is one of those albums that bridges the divide between New Age and World Groove. I believe David sells himself short by calling it "New Age." The album is excellent for creating ambrosiac ambience and a soft casual mood. I wasn't feeling a "yogic" vibe here, but I'm sure this record could be used for yoga classes if someone felt the inspiration for that. It's not a meditation album, but still perfect for grooving and instilling positive energy flow. [realmusic.com](http://realmusic.com)

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