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Playlist for Gentle Yoga (1 hr 20 min)

1. Ma-Guru Ganesha Singh & Snatam Kaur
2. Guitar-Ayako
3. Sat Narayan- Guru Ganesha Singh & Snatam Kaur
4. Aad Sach- Guru Ganesha Singh & Snatam Kaur
5. Alternate Thursday- Platonic
6. Summer Fields-Rudy Adrian
7. Morning Meditation-Ali Akbar Khan
8. Meditation of the Night- Benjy Wertheimer