

# Musical Support for Your At-Home Practice

Note: Titles are Clickable to Take You There



## Playlists You May Like

Once there, enter in search:

- DJ Mia E
- Ecstatic Soul Sessions
- 5Rhythms
- BodySpiritDance5Rhythms w/Mati

**5Rhythms Wave by Chloe Goodwin** — Yummy

**5Rhythms Online Class Sundays & Thursdays**

with 5R sister Mati Vargas-Gibson who teaches in Dallas and Mexico

**5Rhythms Global**

Just launched a Live Stream site with a 10-minute guided Wave every day

## CLASSICS

**Gabrielle Roth & The Mirrors Endless Waves Vol.1**

Body parts and a whole 5Rhythms Wave led by Gabrielle Roth, supported by music she and her husband wrote and recorded. Classic, simple, essential practice to always fall back on (from the source!).

*Free on YouTube*

*Buy and Download*

## RAVEN RECORDING

Gabrielle Roth's record label. Many albums to move to; Gabrielle's books and goodies.

**David Juriansz Wave Album**

A wonderful musician and 5R teacher who created a Wave album

*Thank you to Chloe Goodwin (5R Santa Fe, NM) for most of this great list!*