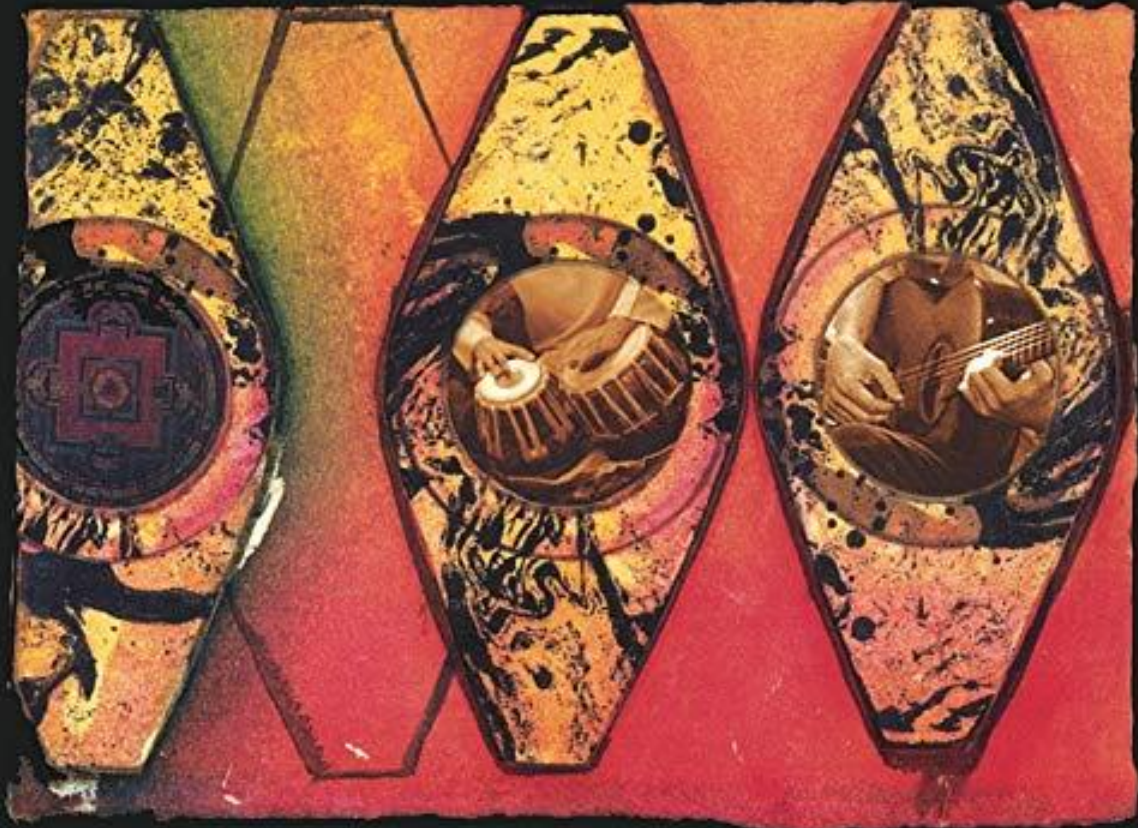


ANJALI



Michael Mandrell and Benjy Wertheimer

Anjali (2003)

Liner Notes

Michael Mandrell and Benjy Wertheimer

www.benjymusic.com

Tracks

1. Awakening
2. Priya (Beloved)
3. Satya (Truthfulness)
4. Surya Namaskar (Sun Salutation)
5. Eye of the Tiger
6. The Breath Inside the Breath
7. Chandra (The Moon)
8. Chandrika (Moonlight)
9. The Mystery
10. Santosa (Contentment)

Instrumental meditations for yoga and the healing arts

The first collaboration album from acoustic guitarist Michael Mandrell and multi-instrumentalist Benjy Wertheimer is a mythic instrumental journey. As a "Yoga Meditations" soundtrack, the album transports the listener into both the faraway lands of ancient India – through the soulful sounds of the esraj, tamboura, and tabla – and the mystical Celtic landscape with lyrical splashes of acoustic guitar. From this timeless inner landscape, listeners are invited to travel into the spontaneous journey of the heart that is accessed through yoga and meditation.

Credits

Michael Mandrell: 6- and 12-string acoustic guitar

Benjy Wertheimer: Esraj, tabla, percussion, tamboura, synthesizer, vocals

Michael Stirling: Tamboura

Sarahjoy Marsh: Tamboura

Heather Wertheimer: Vocals

Produced by Michael Mandrell and Benjy Wertheimer

Cover Art: Linda Davis Coghill

Graphic Design: Annette Orban