



One River (2012)

Liner Notes

Benjy Wertheimer and John de Kadt

www.benjymusic.com

Tracks

1. Tabla Breath
2. One River
3. Nine
4. Maya
5. Lila
6. Underwater
7. Shivaratri
8. Gayatri
9. Saraswati Ma

Music for Sacred Movement

The concept for this album was born a few years ago while we were spontaneously creating a live soundtrack for a yoga class together. We enjoyed ourselves immensely, and the magic of our synergy with the teacher and the scores of students who were diving into the very essence of their being inspired us beyond measure. We realized how well our instruments complemented one another and how passionate we each are about making music that supports people in entering their bodies with deep conscious awareness. Thus began a three-year bicoastal collaboration, the fruits of which you now hold in your hand.

All of the selections on the album are built around the melodic percussion that is at the core of our work, beautifully augmented by the gifts of an incredible cast of musicians, including Wah!, Grammy-winning flute master Steve Gorn, violinist/vocalist Jahnvi Harrison, Heather Wertheimer, and many others. The soundscapes presented on One River range from vast ambient spaces intended to heal and calm the mind to energetic, playful journeys that invite the listener into vigorous, transformational yogic dance.

It is our prayer that the music offered here might support the wonderful expanding movement in the world toward each of us becoming more self-aware, consciously embodied, whole, and free. We hope you enjoy the journey.

– Namaste, Benjy and John

Benjy and John are grateful beyond words to their teachers, to the extraordinary musicians, engineers, and artists who contributed their masterful gifts to this album, and for the unswerving blessing of Grace.

The Artists

Benjy Wertheimer: Vocals, esraj, Balinese gangsa, tabla, drums and drum programming, throat singing, conga, cymbals, gongs, vocal toning, keyboards, sound design, breath, bass

John de Kadt: Bodhrán, hang, ghatam, kanjira, congas, dhun dhun, ocean drum, morsing, cow bell, shekere, shakers, gong, vocal toning, breath, poetry composition and recitation

Jahnvi Harrison: Vocals and violin on Lila

Heather Wertheimer: Lead vocals on Shivaratri, backing vocals on Saraswati Ma and Gayatri

Wah!: Lead vocals on Saraswati Ma

Mark Kelso: Drones, breath, bass, vocal toning

Steve Gorn: Bansuri, clarinet

Subash Chandran: Ghatam on One River

Ganesh Kumar: Kanjira on One River

Curtis Kelley: Drums, cymbals, mixing/production assistance on Lila

Christopher St. Clair, Sean Frenette, Brent Kuecker, Mark Gorman: Bass on Lila

Produced by John de Kadt (www.johndekadt.com) and Beniy Wertheimer (www.shantalamusic.com)

Recording and Assistant production by Mark Kelso at Muddy Angel Music (www.muddyangel.com), also recorded at John de Kadt's home and at Wolf Cub Studios by Benjy Wertheimer

Tabla Breath, Nine, Maya, Shivaratri, and Saraswati Ma-mixed by Benjy Wertheimer at Wolf Cub Studios, Portland, OR

One River, Lila, Underwater, and Gayatri mixed by John de Kadt and Mark Kelso at Muddy Angel Music, Richmond, MA

Mastered by Ryan Foster at Foster Mastering, Portland, OR (www.fostermastering.com)

Cover artwork by Barbara Bash (www.barbarabash.com)

Graphic design by Rasa Acharya