

Music Playlist
Advanced Retreat 7-13 March 2021

Out of Focus Wake Up Song

Sweet Lullabye (Ambient Mix) Deep Forest
111 hz tone is an app called "Tone Gen"

Day 1 Session 1

Warm Up

Now and Forever Henrick B

Day 1 Session 2

Warm Up

Rise Katy Perry

Day 2 Session 1

Warm up

Gold (Hakimakli Extended Mix) Antoine Clamaran

Focus

111 hz tone

Dance

The Feeling Begins Peter Gabriel
Discontented Syntech By Trial and Error

Lay Down

Stepping Stars David Arkenstone Valley In The Clouds
First Approach Vangelis Direct

Day 2 Session 2

Warm Up

Higher Love Kygo and Whitney Houston Single

Day 2 Session 3

Warm Up

Teach Me (Radio Edit) Bakermat Teach Me

Day 3 Session 1

Warm Up

Walking on Sunshine

Katrina & The Waves

Day 3 Session 3

I Got The Spirit In Me

Karli Bonne

Day 4 Session 4

Dance

Shiva

Debbie Christie

Snake Charmer

Debbie Christie et al

Dancing Drums

Debbie Christie

Black Elk

Mars Lazar

Olympus

Day 4 Session 1

Warm Up

Batucada

Drop Department

This Groover

Oliver Heldens, Lenno

Drums out of focus

Pagan

Karl Schaffner

Day 4 Session 1

Warm Up

Let the Joy Rise

Abigail

Dance

Call of Nature

Sub Pub Music

Kantana

Red Rhythm Dragon

James Asher

Feet In The Soil

Roxane's Dance

Vangelis

Alexander

Motswari Safari

Debbie Christie

Day 4 Session 2

Dance Coming Out of Focus

The Feeling Begins

Peter Gabriel

Shiva
Snake Charmer

Debbie Christie
Debbie Christie et al

Day 4 Session 3

Warm Up

Free

Gwen Guthrie

Day 5 Session 1

Warm Up

Free Your Mind

Cut Copy

Day 5 Evening Session

Warm Up

One Heart

R.I.O

Day 6 Session 1

Warm Up

Strobe's Nanafushi (Satori Mix) KODO

Day 6 Session 2

Warm Up

Stairway to Heaven

Led Zeppelin

Evening Session

Glorious

Hans Zelmerlow

Day 7

Warm Up

Now and Forever

Hans Zelmerlow

Orb Show

Stairway to Heaven

Led Zeppelin

Sweet Lullabye (Ambient Mix)

Deep Forest

Closing Song

**Hallelujah Chorus
Orchestra)**

Handel (Robert Shaw Atlanta Symphony