



HEALING THROUGH SOUND

Grounding Vata

To balance the Vata dosha, bring in sounds that are warm, relaxing, slow, and grounding.



Balancing Playlist

Devi Prayer | Craig Pruess & Ananda

Wind In The Trees | David
Arkenstone

The Rain – Pure Mix | Squadron

Nagual | Michael Hewett

**Yasmin Garden –
Flower Version** | Native

Sunset Lover | Petit Biscuit

Looped | Kiasmos

Awake | Sol Rising

Anthem | Emancipator

Don't Look Back | Bliss

**Pure Harmonic Bowls with Relaxing
Ocean Waves** | Premium Sounds

Breath | DTO

Beyond This Moment | Patrick O'Hearn

Baba Hanuman | Shantala

Greenland | Emacipator

Jets | Bonobo

Essex | Su Na

Deep Forest – Rainforest Mix |
Kyoto Project

The Rain – Pure Mix | Squadron

Wisdom | Deepak Chopra, Adam Plack



HEALING THROUGH SOUND

Cooling Pitta

To balance the Pitta dosha, choose sounds that are cool, sweet, and calming.



Balancing Playlist

The Rain – Pure Mix | Squadron

Deep Forest – Rainforest Mix | Kyoto Project

Pure Harmonic Bowls with Relaxing Ocean Waves | Premium Sounds

Ao | Submotion Orchestra

Father King – Catching Flies Remix | Emancipator, Catching Flies

Sunset Essex | Su Na

Goodness | Emancipator

Wandering Sadhu | Desert Dwellers

Mt. Wolf – Life Size Ghosts – Catching Flies Remix | Catching Flies

Time | Kidswaste

Undercurrent/Watershed | April, Mary Lattimore

Andromeda | Jacoo

Kothbiro | Ayub Ogada

Will Of The Wind | Kenny Loggins

Will Of The Wind - Reprise | Kenny Loggins

Intention | Deepak Chopra, Adam Plack

Ajna | Deepak Chopra, Adam Plack

Cloud & Wind | Trinix

Cosmos | Jacoo

You're Not Alone | CMA

Acceptance | Deepak Chopra, Adam Plack



HEALING THROUGH SOUND

Energizing Kapha

To balance the Kapha dosha, listen to music with a driving beat and melody.



Balancing Playlist

Jai Ma – Down to the Sea Mix |
Govind Das, Radha

Everything – Original Mix | Yinyues

**Mt. Wolf – Life Size Ghosts –
Catching Flies Remix** | Catching Flies

Blue Window | Duñe, Crayon

You're Not Alone | CMA

Sun Models (feat. Madelyn Grant) |
ODESZA, Madelyn Grant

Wandering Sadhu | Desert Dwellers

Keep Your Head Up | Ben Howard

Greenland | Emancipator

We Move Lightly | Dustin O'Halloran

I Know You Got Soul | Sol Rising

Wandering Sadhu – Jef Stott Remix |
Desert Dwellers, Jef Stott

Beautiful Life | Lost Frequencies, Sandro
Cavazza

Echoes (feat. Py) | ODESZA, Py

Tear Me Down | Davai, Philip Rustad

Movin On | Shoffy

Wild Horses – Sam Feldt Remix | Birdy,
Sam Feldt

Passport Home | JP Cooper

Baba Hanuman | Shantala

Shanti (Peace Out) | MC YOGI

Love | Deepak Chopra, Adam Plack

Little Bit of You | Kevin Garrett