



## Meditative Music

There are many music cd's we play during the Labyrinth week to meditate and relax.

Here are a few links on You Tube you can listen to and enjoy, besides finding your own!

Gregorian Chant

[https://www.youtube.com/results?search\\_query=gregorian+chant+catholic](https://www.youtube.com/results?search_query=gregorian+chant+catholic)

The Benedictine Monks of Santo Domingo de Silos - Chant I

<https://www.youtube.com/watch?v=fNIIFdDN5P8>

Ave Maria - Gregorian Chant (Benedictine Nuns)

[https://www.youtube.com/watch?v=fpRrf6ZwSRc&list=PL\\_mM6lZ7HW31pl-N\\_d95ulef2aYwkpdTa](https://www.youtube.com/watch?v=fpRrf6ZwSRc&list=PL_mM6lZ7HW31pl-N_d95ulef2aYwkpdTa)

Cantus Firmus Monks 1 hour

<https://www.youtube.com/watch?v=IPQF812IGIk>

Relaxing Music for Stress Relief. Soothing Music for Meditation, Healing Therapy, Sleep, Spa

<https://www.youtube.com/watch?v=IFcSrYw-ARY>

Holy Week: Sacred Music for Meditation

<https://www.youtube.com/watch?v=6OlxpMyJ9QI>

Sting: Labyrinth

<https://www.youtube.com/playlist?list=PLBB1764A80A0E93DA>