

DELICIOUSLY RELAXING MUSIC

The COMFORT *Zone*



by SYMBIOSIS

The Comfort Zone

1	The Beauty Within	7.03
2	Sacred Space	7.25
3	Across the Tides	3.30
4	Violet	6.06
5	Early Morning	3.45
6	The Lonely Lake	3.47
7	Woodsmoke and Mountain Rain	6.41
8	Daybreak	1.58
9	The Land of Shadows	3.19
10	The Comfort Zone	4.07
11	Pastures Green	4.07
12	Deep Yellow	1.37
13	Nimbus	5.24
14	Gold	2.03

by Symbiosis

www.symbiosis-music.com

Peaceful Simplicity; Delicious Serenity... from Symbiosis

This album is designed to create a sense of peace and tranquillity whenever and wherever you need it!

Listen to one or two tracks to find an oasis of calm, or play the whole album to conjure up a soothing ambience for deep relaxation; resting; travelling; or as a perfect backdrop to holistic therapies or healing.

Float away with music by **Symbiosis**, and benefit from our **Top Ten Relaxation Tips** from leading Naturopath Max Tomlinson.

1. The Beauty Within

Richard Bolton / John Hackett /
Clive Williamson
FROM 'AMBER & JADE'

2. Sacred Space

John Hackett / Clive Williamson
FROM 'SONG OF THE PEACH TREE SPRING'

3. Across the Tides

John Hackett / Clive Williamson
FROM 'AUTUMN DAYS'

4. Violet

John Hackett / Clive Williamson
FROM 'SEA OF LIGHT'

5. Early Morning (2002 Remix)

Clive Williamson
FROM 'TEARS OF THE MOON' & 'LAKE OF DREAMS'

6. The Lonely Lake

Richard Bolton / Rupert Flindt /
Clive Williamson
FROM 'AUTUMN DAYS'

7. Woodsmoke and Mountain Rain

John Hackett / Clive Williamson

8. Daybreak

Clive Williamson
FROM 'TOUCHING THE CLOUDS'

9. The Land of Shadows

John Hackett / Clive Williamson
FROM 'SONG OF THE PEACH TREE SPRING'

10. The Comfort Zone

Clive Williamson

11. Pastures Green

John Hackett
FROM 'AUTUMN DAYS'

12. Deep Yellow

Richard Bolton
FROM 'SEA OF LIGHT'

13. Nimbus

John Hackett / Clive Williamson
FROM 'TOUCHING THE CLOUDS'

14. Gold

John Hackett / Clive Williamson
FROM 'SEA OF LIGHT'

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Graphic Design, Music Production
and Sound Engineering by
Clive Williamson. Co-Production of
Tracks 5, 7 and 11 by John Hackett.
Front Cover help: Micheline Mannion.
Portraits by Clive Williamson
and Annette Turnbull-Dew.

Musicians

Richard Bolton
Guitars on 1, 6 & 12

John Hackett
Concert & Bass Flutes;
Keyboards on 1; Guitar on 11

Clive Williamson
Keyboards; Autoharp; Jingles
& Chimes; Finger Cymbals;
Brushed Cymbals & Whistling

Special Guest
Rupert Flindt
Fretless Bass on 6

Thanks to: Max Tomlinson, June
Leaney, Stephen Heliczzer & Denise
Linn for their continuing support;
Lew Wright, Louise Taylor, Penny
Grant & Elizabeth Gray for help
behind the scenes; and to Nicki
Paxman for the 'Woodsmoke' title.
Special thanks to Brian
Whitehead for being
there when he was
most needed!

For Ralph.



Top Ten Relaxation Tips from Max Tomlinson N.D. (Australia) Naturopath, herbalist, nutritionist



1 Take a huge deep breath. The breath is our connection to life and we so often forget to breathe. Shallow breathing amplifies anything negative we are feeling, whereas deep breaths neutralize unpleasant thoughts and feelings.

2 Declare one weekend a month a holiday. Allow that beautiful holiday feeling to slowly wake you up on Saturday morning. Don't plan anything and do as you please the whole weekend.

3 Buy some outrageous underwear and wear it all day with a silent giggle in your heart.

4 Eat plenty of fruit and vegetables. Apes and gorillas are vegetarian and they are seldom stressed or angry with life.

5 Treat yourself to a massage, or ask someone close to you to give you a gentle massage. Use some beautiful almond oil as a base and add some rose essential oil. Essential oils smell wonderful and help us to relax and unwind.

6 Don't go straight to bed from watching television. Fill your room with candles and light them for a while before you go to bed. Lie there and look at the golden flames and the shadows the candles cast on the walls.*

7 Exercise away your concerns. A tired body sleeps well. A tired body and a satisfied mind are the perfect recipe for deep sleep.

8 Be brave and talk to those around you, those that you love and respect. Tell them about your dreams and your fears and your hopes. Listen to their replies with an open heart and learn from those you love. Be prepared to listen in turn, as listening opens your heart.

9 Make Mondays a no white lie day. Tell the truth and watch your tension slip away.

10 Resolve to love your body. You only have one body and it has to last you a lifetime. Good food, clean water, rest, sunshine and a smile should see you through most problems, but if you notice something not right go and see someone who can help you sort it out. Speak to your GP or look at the alternative therapies that are now available.

**Take care to observe normal safety precautions when using candles*



Symbiosis - 'A treat for the head, heart and ears!'

Are you looking for music for deep relaxation; something to make you feel inspired; or for a gentle accompaniment on an inner journey? If so, why not float away with more from Symbiosis?

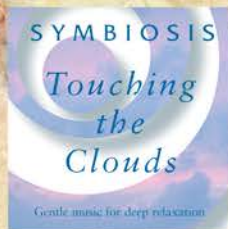
**Be calm, relaxed, find your space...
Soothing, comforting, refreshed...**

"Music plays a powerful role in our lives. It can take us down memory lane, distract us, excite and uplift. The challenge for **Symbiosis** as composers and musicians is to create peaceful music that is both relaxing and musically valid. Judging by the feedback from our hundreds of customers over more than ten years, we have succeeded. We know too the importance of listening to our customers, which is why we've created the guide opposite to make it easier to choose the right albums for your needs." *Clive Williamson, Symbiosis*

Guide to using Symbiosis Music

Relaxing Listening	★	★	★	★	★	✓	✓	✓	✓
Holistic Massage	★	★	★	✓	✓				
Aromatherapy	★	★	★	✓	✓				
Reiki / Reflexology	★	★	★	✓	✓				
Colour/Crystal Therapy	✓	✓	✓	★	✓				
Floatation Tanks	★	★	★	✓	✓				
Yoga / Feng Shui	★	★	✓	★	★				
Meditation	★	✓	✓	✓	✓				
Guided Relaxation	★	★	✓	✓	★				
Healing Sessions	★	★	★	✓	✓				
Creativity			✓	✓	✓	✓	★	★	✓
Workplaces		✓	✓	★	★	✓	★	★	✓
Reception Areas	✓	★	★	★	✓	✓	✓	✓	✓
Energizing				✓	✓	★	★	✓	★
Antenatal / Childbirth	★	★	★	✓	★				
Schools / Education		✓				✓	✓	✓	★
Nature Sounds									★
Over 60 Minutes Long	★	✓	★	✓	✓		★	✓	
Tracks Flow Together	★		★						

KEY: ★ Excellent ✓ Very good (based on customer feedback)



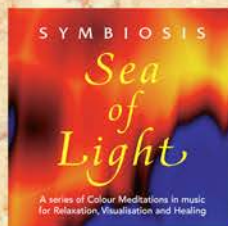
Touching the Clouds

Created specially for deep relaxation and for use in complementary therapies, this extended album evokes a unique atmosphere of peace and healing. Research has proved its ability to lower the heartbeat rate and hence help to reduce stress. (72 mins; 90 mins download)



Amber and Jade

Mellifluous flute-playing, gentle acoustic guitar, symphonic strings and pastoral nature sounds all help to produce one of the most peaceful, harmonious and calming albums ever written for deep relaxation and healing. (74 mins CD)



Sea of Light

Use this album to bring colour and light into your life! A sublime journey in sound from rich, grounding Red to divine and meditative Violet. Harmonious and serene, each track captures the purity and vibration of a colour in music. (68 mins CD with 12 page colour booklet)

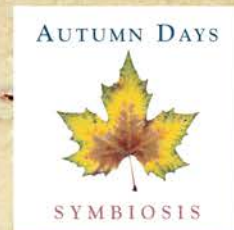
Song of the Peach Tree Spring

Inspired by the work of the classical Chinese poet Wang Wei, whose sensitive writing conjures up tranquil images of nature and the elements. "Consistently lovely and Zen-flavoured music... Beautiful" (Heartsong Review) Ideal for therapies & workplaces. (69 mins CD)



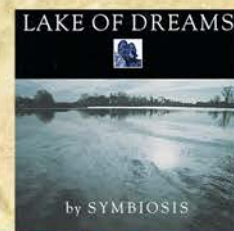
Autumn Days

A magical journey to refresh the mind and uplift the spirit! Gently energizing with a melodic and rhythmic Global flavour, it's great for entertaining, or for the therapist at the end of a hard day! (51 mins CD – Includes some vocals and sounds of nature and the sea)



Lake of Dreams

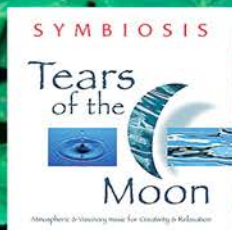
Slow Latin jazz, ambient classical, and global beats: *Lake of Dreams* is a perfect introduction to the best of Symbiosis! Well over an hour of atmospheric music suitable for relaxing listening, and features several tracks not yet available elsewhere. (78 mins CD)





New Zealand Naturally

These wonderful recordings capture the true beauty of the nature and landscape of New Zealand – the *Land of the Long White Cloud*. You'll enjoy relaxing to these 'postcards in sound' from a remarkable natural haven! (78 mins CD)



Tears of the Moon

This extraordinary spine-tingling album stimulates the imagination with echoes of past civilizations and distant lands. Perfect for encouraging creativity; visualisation; and for relaxation at home, at work, or while travelling. (74 mins CD)



Symbiosis are also featured on several recordings by the acclaimed author and lecturer **Denise Linn**, including the double CD: *Secrets and Mysteries ~ The Glory and Pleasure of being a Woman*; her guided meditation tapes *Angels! Angels! Angels! Dreams*, and *Phoenix Rising*; and the Feng Shui video *Creating Sacred Space*.
(Visit our website for more information)

For a free Catalogue of our recordings or to order, contact:
Symbiosis Music, 14 Ash Hill Road, Torquay. Devon, TQ1 3HZ, England
Phone 01803 293030 (during UK office hours only)

Visit us online at our Website www.symbiosis-music.com
E-mail relax@symbiosis-music.com

Or... Search for 'symbiosis' to find us on iTunes, Apple Music, Amazon Digital, Google Play Music & Spotify



Clive Williamson, Richard Bolton and John Hackett from Symbiosis

When dialling from outside the UK please replace '01803' with '+44 1803'



The Comfort Zone by Symbiosis

SYMCD2011

The comfort



The Comfort Zone by Symbiosis

SYMCD2011

Take all the time you need – or as much time as you can spare – to bathe in the soothing music of **Symbiosis** at their deeply calming best! This album is the ultimate 'quick fix' in relaxation, with an hour of the most deliciously relaxing pieces made by the group so far.

The beautiful music on this compilation features melodious flutes, gentle guitars, and timeless, flowing soundscapes, and has been carefully chosen to create a peaceful ambience whenever and wherever you need it. (*Total Playing Time 61:12*)

To help you bring even more tranquillity into your life, the accompanying booklet features a unique 'Top Ten Relaxation Tips' from leading Naturopath, herbalist and nutritionist Max Tomlinson.



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