

PRESS RELEASE: SUMMER 2021

New CD: 12th July 2021 plus Worldwide Digital Release

At Peace with Nature - Relaxing Sounds for Mindful Moments

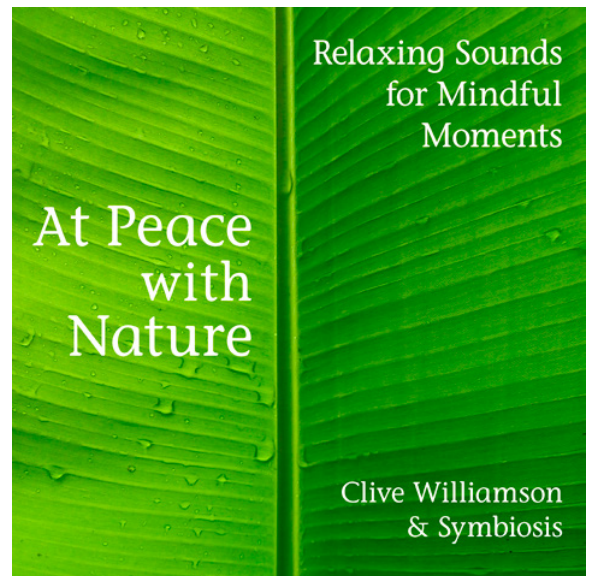
by Clive Williamson & Symbiosis

~ *Natural help for the NHS* ~
*Symbiosis offer new Nature Sounds album
free to NHS & Care Home workers*

At Peace with Nature offers a wonderful way to connect with the natural world!

With locations ranging from Devon's Coast, the Australian bush and the Amazon rainforest, it captures gentle sounds of countryside, rainforest & woodland; ocean & sea; river, rain & streams... and features beautiful song from birds in England, Australia, New Zealand and Colombia. It's ideal for all lovers of nature and anyone who would like to experience the restorative power of natural places but can't manage to do so at first hand.

Immersing ourselves in nature has been shown to reduce stress and bring remarkable benefits to our mood and our health. These relaxing recordings of natural environments help to evoke a sense of peace by transporting the listener to refreshing outdoor spaces, on a series of tranquil 'virtual nature walks'.



Free downloads for NHS staff & Care Home workers

As a special offer for our carers, **Symbiosis** is offering **free downloads of this album** to NHS and Care Home staff* to thank them for their amazing efforts during the pandemic, and half the profits from CD and download sales* will be donated to UK Charities and Hospital Trusts for Healing Gardens projects. (*Until 31st December, 2021)



Sound designer and musician **Clive Williamson** followed the shocking events of 2020 as thousands of people became ill with the COVID-19 virus, inundating hospitals in the UK and world-wide. It was obvious that both NHS hospital staff and Care Home workers were becoming over-worked and stressed as a result of the pandemic. Simultaneously there were many reports that people in lockdown were appreciating and benefitting from nature more: either walking in natural surroundings near their homes, or simply enjoying the beautiful sounds of water, the wind in the trees, and soothing local birdsong which were revealed in the unusual stillness of our towns and cities - with reduced plane, train and traffic noise.

Clive also saw a massive increase in the number of listeners streaming his previous albums of nature sounds from New Zealand, so he decided to use lockdown to complete a dream project he had been planning for several years...

(continues overleaf...)

... A new album full of relaxing sounds from nature that he had collected while travelling as a sound recordist and music producer in England, Australia, NZ, and Colombia.

Using musical sensibilities gained from working with the group **Symbiosis**, he has chosen to treat nature like an orchestra, creating a 'natural symphony' with the calming effects of nature as his central theme. "I wanted to make it easy for listeners to go on refreshing 'virtual nature walks,'" he says, "The peaceful 'postcards in sound' on this album are ideal for relaxing and replenishing at home, in the office, or while travelling, and are designed to give instant access to the 'natural health service' that so many people love."

Supporting Carers & Hospital Garden Charities

In particular, Clive wants to contribute directly to the wellbeing of those who helped so much during the pandemic, so he is offering all NHS staff and Care Home workers a free download of ***At Peace with Nature*** until the end of 2021. As an added bonus for the NHS, Symbiosis will donate half the profits from CD and download sales (up to 31st December 2021) to UK Charities and Hospital Trusts funding Gardens and Healing Spaces in hospitals... starting with those closest to him in Devon. Clive says, "My wife, Nora and I love natural spaces and gardens, and it's easy to see how beneficial they could be for hospital staff, patients, and visitors alike! I hope that ***At Peace with Nature*** will make a difference for many people needing to find moments of tranquillity in their daily lives."

About Clive Williamson & Symbiosis

Clive Williamson has drawn on his experience as musician – and as a Producer and Studio Manager with the BBC – to create this wonderful album of natural sounds. Recording over 25 years in four countries – and on three different continents – he has combined a life-long love of nature with the best digital studio techniques to bring us this remarkable collection of natural soundscapes.

Clive founded the group **Symbiosis** with flautist **John Hackett**, making gentle music for relaxation and healing. Their acclaimed album ***Touching the Clouds*** produced the lowest heart-beat rate – and hence the best relaxed response – in tests on relaxation music at Kingston University. Clive first began recording nature sounds for the group in 1995. Now available on ***New Zealand Naturally***, his superb recordings have been featured in work by the BBC, the Royal New Zealand Ballet, NZ Tourism and RNZ Radio.

Details:

Title: At Peace with Nature - Relaxing Sounds for Mindful Moments
by Clive Williamson & Symbiosis
SYMCD2025 ~ Playing time: 73 mins 27 secs ~ 17 Tracks.

Retail Price: Compact Disc £12.50 plus P&P

Download Price: Approx. £7.99 (may vary according to supplier)

Available from Symbiosis website: www.symbiosis-music.com

or: iTunes; Amazon Digital Music; Spotify, Apple Music etc.

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Order by post from:

Symbiosis Music, PO Box 599, Torquay, Devon, TQ1 9LP, U.K.

Email: relax@symbiosis-music.com

Featured birds include: Eurasian Blackbird; Song Thrush; Australian Bellbird, Magpie & Laughing Kookaburra; New Zealand Korimako (Bellbird), Tūī & Grey Warbler; Oropendola.