

Sādhanā

Raga Nat Bhairav - Raga Bhatiyar

Paul Livingstone ~ sitar

Pandit Hom Nath Upadhyaya ~ tabla

This new classical recording explores the theme of sādhanā, with a pair of devotional morning ragas suitable for a meditative awakening, yoga practice or simple inspiration as one begins the day. Paul, one of the leading American disciples of Pandit Ravi Shankar, is accompanied by Hom Nath, the senior most tabla master of Nepal and disciple of Ustad Ahmed Jan Thirakwa.

CDs & digital downloads available at cdbaby.com

North American Tour ~ March 16th to May 8th

European Tour ~ August 9th to September 17th

Tour dates & live video at:

www.tanpura.com

www.homnathtabla.com

Booking info contact:

(310) 753 3303

zpaulz@gmail.com



साधना