



## RECHARGE Calming Songs List

Consider playing these songs during RECHARGE **Instant Recess**. Copy and paste the song/playlist name into YouTube or Spotify to get everyone into relaxation mood.

### YouTube

- Yoga Music, Relaxing Music, Calming Music, Stress Relief Music, Peaceful Music, Relax
- One Hour of perfect Yoga Music
- Calming Seas #1 - 11 Hours Ocean Waves, Nature Sounds, Relaxation, Meditation, Reading, Sleep
- Piano Music For Deep Relaxation (60 bpm Tai Chi, Yoga, and Meditation Music)
- Morning Relaxing Music - Soothing Piano Music For Stress Relief, Yoga Music, Study Music (Natalie)

### Spotify Playlists

- Music for Concentration (under Focus)
- Deep Focus
- Yoga Class Music - Relaxing Instrumental Songs for Yoga Classes