



Acclaimed Musician Turns Focus to Meditation and Yoga

Indiegogo campaign runs until Aug. 31.

ATLANTA, GA, USA, August 11, 2014 /EINPresswire.com/ -- "My hope is that people will use this album to make a baby step toward a practice, that it will allow them to lose themselves and to just be."
-Miriam Jameson

For 28-year-old Miriam Jameson (née Freeman), the worst illness of her life led to a blessing: the ability to work with the world-famous Jan Smith to release a yoga and meditation album. Jan Smith has produced the work of celebrities such as Usher, Justin Bieber, Rob Thomas, TLC, and The Band Perry. Now Smith is partnering with Omaha-native Jameson on a disc that will enrich the practices of yogis, meditators, and those seeking deep focus.

Two years ago after acquiring an IUD, Jameson suffered a litany of health complications that befuddled specialists and caused her to lose her hair. At the recommendation of a friend, she tagged along to a yoga class that quickly started her on a path of holistic wellness and self-healing that helped her cope with her illness.

After yoga and meditation so revived Jameson, she was inspired to use her musical talents in order to share her experience with others. By creating an album that is sound-engineered to work with the body's natural rhythms, Jameson hopes to facilitate practices of deep consciousness. For the classically trained musician, the disc is an art, science, and passion project.

"My intention is to create an atmosphere for people to be successful in whatever their intentions are," Jameson said. "Yoga teachers can play it for Savasana, or for concentrated Ashtanga, or for Yin. My hope is that people will use this album to make a baby step toward a practice, that it will allow them to lose themselves and to just be."

With liner photography from Omaha's Hooton Images, and with special editions that will include Jameson leading guided meditations, the album is designed to stand as a full-focus experience... or to fade subtly in the background during yoga classes, massage therapy sessions, cooking hours, bath rituals, and the like.

Until August 31st, Jameson is running an Indiegogo campaign* to raise funds for her CD release in partnership with Jan Smith. Every dollar will support studio time and production, design, printing, mastering, and Hooton Images' visual meditation photography. She is working with partners like Moksha Yoga in Chicago, Lotus House of Yoga in Omaha, Plum Tree Yoga in Roswell, GA, and Lift Yoga Studio in Alpharetta, GA.

Miriam Jameson is an Atlanta-based musician and yogi. The child of two music educators, she received her Master of Music in Piano Performance from the University of Nebraska at Omaha, where she studied under the tutelage of Dr. James Johnson, her longtime teacher and mentor. Jameson first performed with the Omaha Symphony Chamber Orchestra at age 15.

For more information:

<http://www.indiegogo.com/projects/miriam-jameson-yoga-meditation>

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