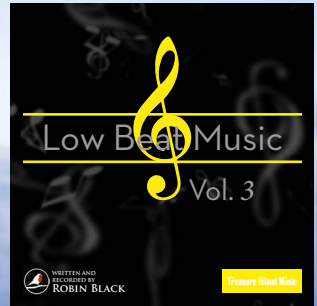
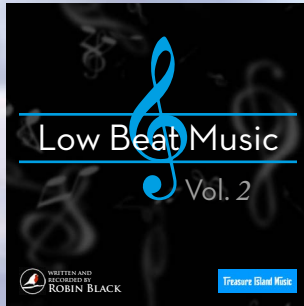
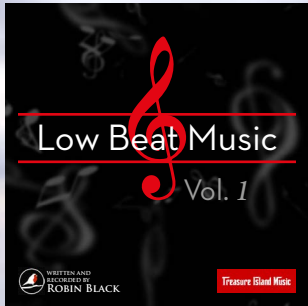


Low Beat Music - *A Simple Solution to Life Problems*



Low Beat Music is music that has a beat of 75 beats a minute or less (the normal heart rate). Music of 75 beats per minute or less can help people relax, de-stress and sleep. Just as fast music can energize, Low Beat Music can relax and calm people. This is a naturally occurring process called Brain Entrainment.

“Helps me sleep with tinnitus” - Malcolm Forrester

This low beat music causes the brain to produce Alpha brain waves. These are the same brain waves that occur when meditating. But instead of spending years to learn how to meditate, our music will put you into the Alpha brain waves state in minutes.

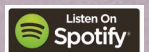
All our Low beat music can be used to help you relax and to sleep. If you sit in a meditative pose so you don't sleep, you will be able to meditate. Our music will reduce your level of stress. High stress in a short period or low level stress over a long period is known to cause physical and mental health problems.

Use it for meditation or to programme your subconscious to achieve your goals.

We have used our knowledge of sound and training in meditation to create this unique music.



As featured on British Airways Long Haul flights (anything over 4 hours).

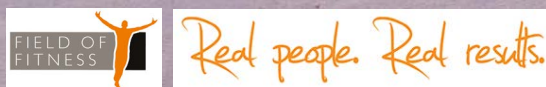


[CLICK HERE](#)

We are also on Spotify and Amazon Music under “Low Beat Music” by Robin Black.

Treasure Island Music

www.treasureislandmusic.com
www.lowbeatmusic.com



A 360 DEGREE HOLISTIC APPROACH TO HEALTH AND FITNESS