

For Immediate Release

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“Holiday Music for Relaxation” CDs

PEACE ON EARTH by Michael Benghiat

HOLLY & IVY by Stephen Cohn

Join At Peace Media in promoting International Human Rights Day, December 10, 2003

A portion of the proceeds of the sales of these two CDs to benefit

AMNESTY INTERNATIONAL USA

Engage in relaxation with serene instrumental harmonies that evoke joyful memories of peace, comfort and joy. . . **Holiday melodies have a special and very deep resonance for most of us.** We hear them before we're fully conscious and we feel the warm vibrations that are in the air when they're played. They penetrate our hearts and remain embedded there. For this reason, they are excellent vehicles for soothing us. These two, NEW CD recordings from At Peace[®] Music, **Peace on Earth** and **Holly & Ivy** were created to evoke joyful memories of peace, comfort and security and provide a respite from the stresses and strains of the holiday season.

A portion of the proceeds from the sales of these two "Holiday Music for Relaxation" CDs will be donated by At Peace Media to Amnesty International, a world leader and defender of the basic human rights of people everywhere for over 40 years. In addition, At Peace Media will be working with Amnesty International USA (AIUSA) to promote international Human Rights Day, which occurs on December 10, 2003.

Retailers please contact **Sherry Donovan, Sales Director, At Peace Media,** for more information about participating and promoting this event along with wholesale information about the “Holiday Music for Relaxation” CDs, PEACE ON EARTH and HOLLY AND IVY described below. **Early bird “pre-season” specials are also available.**

PEACE ON EARTH

by michael benghiat

Running time: 56 minutes

UPC # 616302-021027

This acoustic instrumental CD, by composer/musician Michael Benghiat, *described by Music Design In Review, as a “gifted and sensitive artist”*, inspires your spirit with the serene sounds of flutes, harps, guitars, keyboards, oboe, piano, recorders and percussion. **Peace On Earth**, includes Michael's personal selection of memorable Christmas melodies including “Oh Come All Ye Faithful”, “Away In A Manger”, and “Silent Night.”

“Everyone is so familiar with the traditional holiday classic carols that I decided to do some non-traditional arrangements. I thought it would be fun to make the melodies and arrangements really slow, really relaxing, and somewhat disguise them, so you aren't quite sure at first what the piece is.”
-- **Michael Benghiat**

HOLLY & IVY
by stephen cohn
Running time: 60 minutes
UPC# 616302-028026

This soothing instrumental CD, by Emmy award-winning composer/musician Stephen Cohn takes you to a quiet place within your heart with holiday classics including “The Holly and the Ivy”, “Ave Maria” and “Angels We Have Heard on High”. Among the hallmarks of Cohn’s music for **At Peace** is his ability to enhance relaxation by offering lush, soothing compositions designed to slow the rhythms of the body and the nervous system while entertaining the listener with beautiful melodies and instruments chosen from a pan-cultural palette. *“Instruments that speak with a soft, soulful voice are the ones that I gravitate to for this music”*, says Cohn.

“Holly & Ivy uses serene instrumental sounds from a variety of cultures to elicit the universality of the true meaning of the holidays and of inner peace. I approached these cherished melodies freely, as if in a dream, allowing the reverie to carry the music in and out of the familiar tunes; sometimes wandering far into a colorful vision but always returning to the much-loved source.” –**Stephen Cohn**

About Amnesty International >>

Amnesty International and the music community have a common mission promoting free expression and individual liberty. As part of a worldwide grassroots movement of more than 1.1 million people, Amnesty International members for over 40 years have been raising their voices together to defend the basic human rights of people everywhere. ***They are changing the world.*** Exercise Your Right to Save a Life. Call 1-800-AMNESTY or log on at www.amnestyusa.org

About AT PEACE® MEDIA >>

At Peace Media produces and distributes music, video and natural bodycare products that enhance relaxation, health, stress relief, nurturing care and healing. For more information about At Peace products including the award-winning Esalen® Massage Video, now available in DVD in a choice of three languages, please visit our website at www.atpeacemedia.com

A 20 minute videotape, **“Meet the Musicians”** with in-depth, one-on-one, exclusive audio and video interviews with the extraordinary musicians and composers represented by the At Peace Music label, is available along with CD samplers, photos and product samples. Sample music clips also available at www.atpeacemedia.com

For wholesale inquiries, please contact Sherry Donovan, Sales Director, 800-619-1410 or sherry@atpeacemedia.com

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