



Michael Benghiat

Music for Massage, meditation and relaxation

A Santa Monica native, Michael Benghiat has experienced a multicultural musical palette since childhood. Accomplished on both the piano and guitar, Michael grew up in a home surrounded by music, with parents who not only treasured music but encouraged learning about music from a variety of cultural and ethnic heritages. This early exposure to the enduring folk traditions of Greek, Sephardic, Spanish, and Middle Eastern music as well as to classical orchestral music helped forge Michael's unique musical sensibility. Michael's curiosity and interest in non-western musical instruments and traditions finds expression today in his study and collection of exotic acoustic instruments from around the world. His ongoing explorations of musical culture are a natural extension of his BA degree and graduate level work in classical music composition at UCLA. The author of several books on the guitar, Michael's work as a musician and composer reflects his desire to "reach more people than I can teach one-on-one."

Described as "**a gifted and sensitive artist**", Michael's talents as a musician and composer come to fruition in his CD recordings on the At Peace Music label, created, arranged and recorded in live sessions over a span of nine years. All of Michael's CDs reflect his ability to elevate the "relaxation music" genre to a new level of meaning and resonance.

Each CD offers both intimacy and a lightness of touch thanks to Michael's impeccable ability to direct and weave together the ensemble performances of the musicians he assembles for each live recording session. The result? Gentle, acoustic, instrumental music with beautiful melodic textures and subtle rhythms offering an emotional richness and spiritual depth that result in listeners responding, "**I can listen to his music all day long**". . . "**I have clients who request this CD**". . . "**the sound is very profound, deep, and you cannot help but contact your inner self**".

The natural beauty and panoramic splendor of the Big Sur coast of California inspired Michael's first At Peace CD recording, **Harmony**, the original soundtrack to the award-winning Esalen Massage Video. Since that time, listeners worldwide have discovered that Michael's At Peace Collection of CD recordings are, according to NAPRA Review, "**wonderful music for relaxation with or without massage! . . . gentle, flowing ambiance . . . renewing.**"

PHOTOS AND ADDITIONAL INFORMATION AVAILABLE UPON REQUEST

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