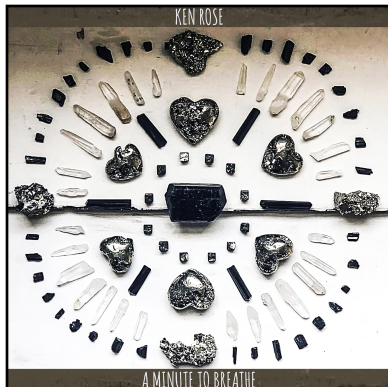




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<b>ALBUM:</b>	<b><u>A MINUTE TO BREATHE</u></b>
<b>ARTIST:</b>	KEN ROSE
<b>LABEL:</b>	MYWARPEDHALO
<b>PUBLISHER:</b>	GOLD CUFF MUSIC, BMI
<b>CAT.:</b>	MWH001
<b>UPC:</b>	859734025724
<b>ITUNES REL:</b>	8.27.2019
<b>WRITER:</b>	KEN ROSE
<b>PRODUCER:</b>	KEN ROSE
<b>RUNNING TIME:</b>	61:39

Although this is Ken Rose's first instrumental release geared towards meditation, Yoga and relaxation, it is no accident that the career song-writer, producer and multi-instrumentalist found his way into this genre. Ken Rose has been a professional musician since the age of 16 and has worked internationally as a staff song-writer for Sony ATV, BMG, EMI, Warner Music, and Famous Music Publishing. He has written, produced and recorded for a variety of artists, adverts, and film/TV, in assorted genres and has performed as a touring musician, including a two year world tour as a guitarist with Marianne Faithfull and his current role as guitarist in the American rock band Hero Jr.

In his late 20s, after a series of life changing events, Rose began his journey into meditation, self-improvement and "spiritual" awareness, which have remained an integral part of his life ever since. Rose has been a Reiki Master and teacher for 20 years.

Fast forward to Rose's newest album, A Minute To Breathe... Earlier this year Rose was involved in creating music for a Yoga program and it resonated deeply enough to inspire a recording session resulting in his first instrumental record. The album's four tracks provide the listener with over 60 minutes of music that effortlessly frees the mind, facilitating a neutral and productive yoga / meditation / relaxing listening experience. The record was constructed exclusively with subtle, unobtrusive guitar textures that support breath work and relaxation.

Rose, along with his Electric Flow Yoga partner Maria Rosner, host live Yoga events in the Chicago area.

A Minute To Breathe is available for worldwide distribution.

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