

# YOGGA<sup>®</sup>

MAGAZINE

yogamagazine.com

FEBRUARY 19

## HAPPY VALENTINE'S ISSUE

LOVE LIFE  
LOVE YOGA

FASHIONISTA  
SPECIAL  
YOGA  
WEAR

**ETERNAL  
YOUTH**  
8 YOGA  
POSES TO KEEP  
YOU LOOKING  
YOUNGER

SUPERFOODS SPECIAL  
**IMPROVE YOUR  
MOOD, HEALTH  
& VITALITY**



UK £4.95

USA \$9.99 CANADA \$11.25  
BELGIUM FRANCE CYPRUS ITALY  
AUSTRIA MALTA SPAIN  
LUXEMBOURG NETHERLANDS  
PORTUGAL €11.00 JAPAN  
¥1572.00 UAE AED58



9 771478 967065

STUDIO REVIEW \* ETHICAL FASHION



**The pop-friendly song 'Listen' is the first single from Here in Heaven. What's the story behind it?**

It's one of two covers on Here In Heaven. When I first heard Listen on a record by Avasa and Matthew Love, I was entranced. My children agreed, wanting to hear it over and over. The song has some great universal messages in it, like tuning in to your soul to find the truth. There's also a message for humanity: to listen to each other's points of view and honour each other's perspective. I think it's a great anthem for our world, which is so divided right now.

I added a new original verse to enhance the song's message about listening to Mother Earth and to our collective hearts, and took the song to my daughter Luciana's third grade class, recording in the school auditorium. When you're young and you learn a song, you can pull a lyric out that resonates with you, and you can sing it anytime you want. Like, 'Listen to the sound of your soul, it's calling'.

I think it's important to encourage kids to sing songs that keep positive messages in their consciousness on a daily basis. Songs are mantras. We sing them over and over again. So let's give our children uplifting songs that empower them. That was the inspiration for me to record Listen. Because it's the greatest gift you can give someone."

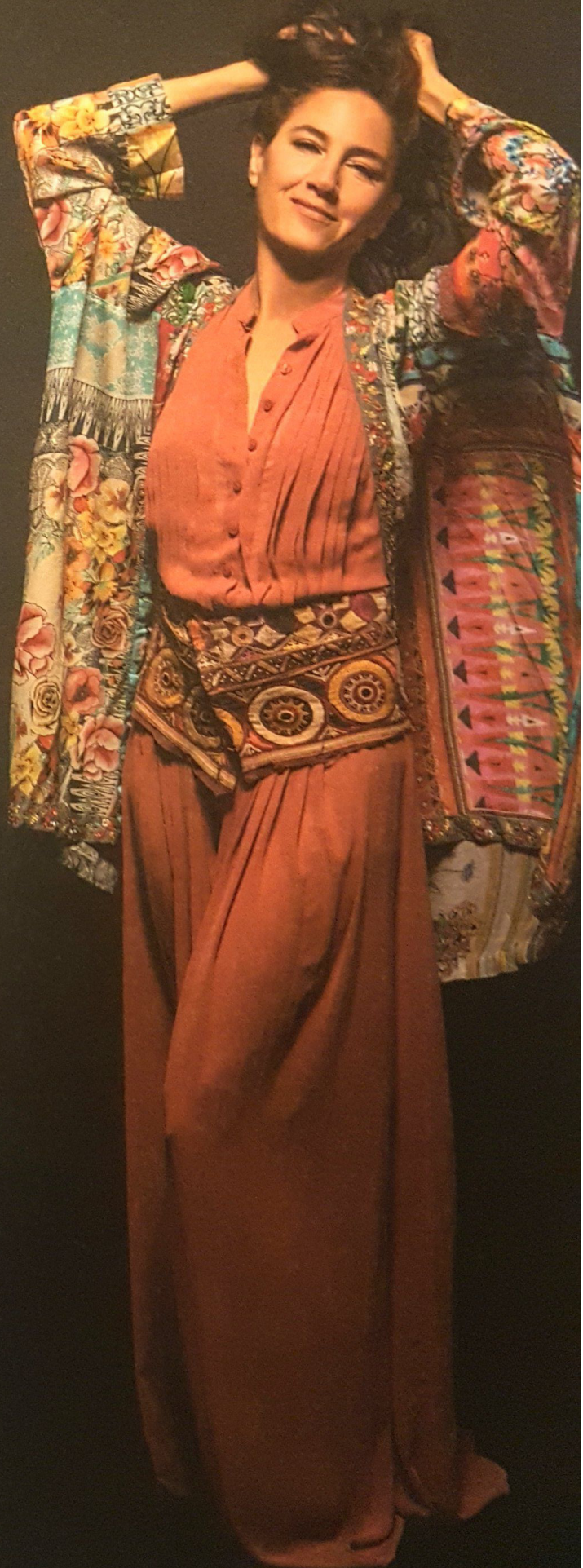
De Lory's song "Listen" is available for free download at [bit.ly/HIHListenFreeDL](http://bit.ly/HIHListenFreeDL). Her latest music videos on Facebook and YouTube are "Listen" and "Piano Man."

**[donnadelory.com](http://donnadelory.com)**


**WRITTEN BY**

**JULIA JONES**

JULIA IS A FREELANCE WRITER SPECIALISING IN YOGA, MEDITATION AND MUSIC.







# Devotional Music

Donna De Lory (former Madonna vocalist and dancer) well known to many in the yoga world has released her new album *Here in Heaven* and mixed by Kevin Killen.

Julia Jones, for YOGA Magazine exclusively catches up with Donna to find out more about her new creation.

If you've ever danced your way through a yoga music festival or practised your poses to music, chances are, you've heard Donna De Lory's breathtakingly beautiful voice. The former Madonna vocalist and dancer has been creating the soundtrack to the yoga movement with albums like *The Lover and The Beloved*, *Sanctuary*, and *The Unchanging* since the early 2000s.

The devotional music diva's new self-produced solo album *Here in Heaven*, is a heart-soaring soundtrack for yoga, meditation, and everyday life. Mixed by Kevin Killen (whose popstar credits include U2, Peter Gabriel, Kate Bush, Elvis Costello) and featuring musicians who have recorded with Ray Charles, Beck and David Bowie, it's an intimately personal-yet-universal work for De Lory, with inspiring, open-hearted paeans to the beauty of nature and love, and messages about finding heaven on earth, listening to your heart, and finding truth within.

**Tell us about *Here in Heaven*, which is already garnering press in the US, Europe and Australia.**

On this album, I'm talking about things that are very emotional, and I'm acknowledging that there's an opportunity to heal and to evolve. I'm witnessing the human experience and realising, "Oh, I identify with something much greater than this." That's the biggest reason why I do this music, and why I'm sure people chant. We all want to experience that unchanging truth that always has been and always will be, that we are all a part of. It's God, it's the love intelligence that runs the universe - it's the divine, which has many names.

**What does 'Sat Siri' the featured mantra on your album, mean?**

The meaning of the mantra, which I learned from Kundalini artist Sada Sat Kaur, is to identify with the eternal divine that we come from and return back to, and being one with this great undying truth. I've recorded a remix track of the song with Belinda Carlisle, which will be released next year.