**NUJA Meditation publishes new music meditations**

**Now besides German, Italian, South Tyrolean dialect, English - also in Ladin language.**

Classical harpist Isabel Goller and singer songwriter Elisa Godino release new meditation music on the 1st of April 2021.

After their successful debut publication EASE, which inspires an international audience in the world's largest meditation app Insight Timer, the two musicians now release their new musical meditation cycle: GRATITUDE, which is also the theme of this edition.

**NUJA Meditation - multilingual Meditation from two musicians**

For the two musicians Godino and Goller it is essential to make meditation accessible to everyone. Their work can therefore be heard in multiple languages: English, German and Italian, there is also a guided spoken version in the dialect of South Tyrol, a region in Northern Italy where the two come from. Godino and Goller work together on the lyrics as well as the composition and musical arrangement, in each case including guided versions. „Our meditations are suitable for everyone, even if you have not been in touch with it until now. For me, meditation has become an activity similar to brushing teeth, a daily hygiene for the soul. We can meditate, everywhere, on the train, while cooking, while talking a walk or before falling asleep, it's all about being mindful meanwhile ", says Elisa Godino.

**New Worlds of Sound at the artist house in Vienna.**

"Elisa and I live together in an artist house in Vienna. We are lucky to be able to record from our home studio, so we can use the time and space of this period creatively and go in search of new sound worlds," says harpist Isabel Goller.

The sounds that can be heard in the music of NUJA are created exclusively with the elements of their individual instruments: voice and harp. The atmospheric sounds in the music are electronically processed and shaped in the composition process by the two musicians.

"Especially exciting is the fusion of the different genres in which Isabel and I come from. By combining classical and popular music, new sounds are created that we then shape with high artistic standards," says Elisa Godino about the project.

**Gratitude makes you happy.**

With NUJA, the two artists want to share music for relaxation for everyone, the meditations are suitable for beginners as well as advanced meditators. The subject of gratitude has been researched from a scientific point of view and contributes to people's mental and also physical health. Gratitude and kind actions stimulate our hypothalamus - this was found by scientists in a study conducted by the National Institutes of Health (NIH). Through the hypothalamus, processes such as growth, food intake, water balance, metabolism, sleep as well as appetite are stimulated. Meditation has also been shown to help combat stress and anxiety - NUJA is designed to support this. The two artists are convinced: practicing gratitude helps making your life more balanced and happier altogether.

**First meditation in Ladin.**

In South Tyrol, besides German and Italian, the Roman language Ladin is also spoken.

In collaboration with singer and composer Marlene Schuen, GRATITUDE was also created in Ladin. Marlene Schuen gained attention as a member of the pop trio GANES.

"I am very happy to be the Ladin voice for NUJA's gratitude meditation. Since I meditate and love music myself, these guided meditations immediately appealed to me. Practicing gratitude is a very valuable tool to a mindful life," says Marlene Schuen about the release of GRATITUDE.

**Spotify, Youtube, Sound Cloud, Insight Timer.**

The meditations EASE and GRATITUDE of NUJA Meditation can be found on the platforms Spotify, YouTube, Soundcloud and the world’s biggest meditation app Insight Timer. Insight Timer is the world's largest meditation app with more than 18 million users worldwide. The two musicians regularly host live steaming events on Insight Timer, where they play their music online live in front of an international audience and invite them to meditate together. Download the App for free and be part of the Live Event.

More information can be found on the website www.nuja-meditation.com.

**NUJA Meditation, a project of the cultural association ARTON.**

Music has the power to connect us and inspire us to be ourselves. ARTON takes these elements and connects them to the myriad of artistic disciplines, contributing to the diversity that is the foundation of social development. The name ARTON is composed of the words Art, Ton and on: those elements which, in their combination as well as in their uniqueness, describe the tasks and goals of the association. NUJA Meditation is a project of ARTON. Further information: www.arton.bz