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For Immediate Release

**ANN LICATER, THE NEW AGE RECORDING ARTIST & WORLD FLUTIST, RELEASES
*QUIET SPACES: FLUTE MEDITATIONS FOR MINDFULNESS AND RELAXATION***

CUL DE SAC MYSTIC PRODUCTIONS ANNOUNCES A NEW AGREEMENT TO DISTRIBUTE
ITS DIGITAL CATALOG UNDER EXCLUSIVE LICENSE TO DISNEY MUSIC GROUP WITH
PUBLISHING ADMINISTERED BY SEVEN PEAKS MUSIC

Burbank, CA — October 19, 2018 – A decade after the release of Ann Licater’s breakthrough debut solo wood and clay flute album *Following the Call*, she returns to her roots with a focus on solo-inspired compositions that evoke stillness and peace. ***Quiet Spaces: Flute Meditations for Mindfulness and Relaxation*** is the fifth album on the artist’s independent record label Cul de Sac Mystic Productions. Licater continues to serve as executive producer where her entire boutique catalog of world flute-based Contemporary Instrumental and New Age digital content is under exclusive license to Disney Music Group (DMG) with music publishing administered by Seven Peaks Music.

Quiet Spaces: Flute Meditations for Mindfulness and Relaxation -- a collection of 15 tracks including “Candlelight Journey,” “Celtic Sun Salutation” and “Wings of Sleep” -- showcases Licater’s distinct and beautiful style on an array of world flutes including Native American, Native American-style, transverse folk and silver alto flutes. The album’s “quiet spaces” theme is reflected in the artist’s selection of flutes, which range from a Mayan Temple flute replica to an Eastern Tennessee Butternut Native American flute. Licater plays these flutes, among others, on her first album *Following the Call* which brings this new album full circle for the artist and a return to a familiar sound palette for listeners.

“I carefully chose soft reverbs and effects along with a focus on shorter solo and duet pieces so listeners could experience a gentle movement from one track to the next, much like my first album,”

says Licater. "It's just over 45 minutes so listeners can relax into an inner-journey--something I love to inspire since we all need time to center ourselves."

Quiet Spaces: Flute Meditations for Mindfulness and Relaxation includes one guest musician: GRAMMY®-nominated artist Peter Phippen who plays electric bass on three of the fifteen tracks -- "Aspen Awakening," "Celestial Traveler" and "Tranquil Dreams" -- offering a unique color to the minimalistic album. Phippen, along with recording engineer Ivar Lunde, Jr., joined Licater as co-producers on the project.

This album, much like Licater's other releases from her Cul de Sac Mystic Productions catalog, is an artful, sonic journey designed for mindfulness practices, meditation and well-being and also recommended for yoga, spa, healing arts, creativity, study, sleep, and overall stress reduction.

Quiet Spaces: Flute Meditations for Mindfulness and Relaxation is the most recent release on the Cul de Sac Mystic Productions label which also includes *Following the Call* (2007), *Doorway to a Dream* (2010), *Invitation from Within* (2013) *Beyond the Waves* (2016) and other single releases whose digital content is under exclusive license to Disney Music Group (DMG).

Cul de Sac Mystic Productions music publishing is administered through Seven Peaks Music and the full catalog is available for licensing placements. The music is a unique blend of world flute-focused original melodies and inspired improvisational compositions performed in Licater's signature style; her music is popular on the *Spa* channel for Sirius XM, Music Choice's *Soundscapes* as well as the streaming and music discovery channels, Pandora, Spotify and Apple Music. Music from the catalog has been featured as in-flight entertainment on Cathay Pacific Airlines, Swiss Air and Virgin Airlines in the well-being and relaxation categories. Her track "Xiao Garden" was chosen for Kim Kardashian's "Crystal Meditation" playlist launch on Spotify.

"I'm grateful to be able to create music that brings a sense of calm and especially excited to reach more people through expanded distribution and licensing opportunities," commented Licater.

Licater's music has a global appeal beyond her recordings. Her international performances include *World Flute Fest* at Carnegie Hall, the *Awakened World Conference* in Rome and Florence, Italy, and *Sound Body, Sound Mind Specialty Week* at Rancho La Puerta Spa in Tecaté, Mexico. She regularly performs meditation music at *Agape International Spiritual Center* in Los Angeles, California.

Licater's work has been recognized by Amazon music editors (Top Ten Best New Age Album), New Age Reporter (Best Native American Album), ZMR Music Awards (Nominations for Best Relaxation Album, Best Contemporary Instrumental Album and Best Meditation Album), Independent Music Awards (Nomination for Best New Age Song) and the Hollywood Music in Media Awards (Nominations for Best New Age Album)

Samples available on [Spotify](#)

Samples available at Disney Music [Licensing](#)

For more information about licensing opportunities for the Cul de Sac Mystic Productions catalog, contact <https://www.disneymusiclicensing.com/contact>

For more information about Ann Licater's music, workshops, performances and physical CDs, please visit www.annlicater.com.

Quiet Spaces Track Listing:

1. Quiet Spaces
2. Ancestral Gathering
3. Aspen Awakening
4. Ancient Shores
5. Canyon Solace
6. Return to Peace
7. Divine Harmony
8. Morning Rain Reflections
9. Celestial Traveler
10. Woven Hearts
11. Dreaming at Daybreak
12. Candlelight Journey
13. Wings of Sleep
14. Tranquil Dreams
15. Celtic Sun Salutation

Requests for Radio Airplay copies may be directed to info@annlicater.com.

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Disney Music Group is home to Hollywood Records, Walt Disney Records, Disney Music Publishing, Buena Vista Records, and Disney Concerts. The labels' genre-spanning rosters include (Grammy nominated) Demi Lovato, Sofia Carson, ZZ Ward, In Real Life, Ocean Park Standoff, Breaking Benjamin, Bea Miller, Sabrina Carpenter, Joywave, Olivia Holt, morgxn, Tini Stoessel, Shawn Hook, Jorge Blanco, New Hope Club, BOBI, DCappella, American Idol winner Maddie Poppe, and more. DMG also releases family music and film and television soundtracks such as the chart-topping "Beauty and The Beast," "Descendants 2," Oscar-winning "Coco" and Grammy-winning "Moana" soundtracks, and the Oscar and Grammy-winning "Frozen" soundtrack. Recent soundtracks include the score from the blockbusters "Black Panther" and "Avengers: Infinity War." Recent releases include the "Frozen: The Broadway Musical" cast album and "A Wrinkle in Time," plus later this year, the highly anticipated soundtrack for "Mary Poppins Returns," plus "Ralph Breaks the Internet" and "The Nutcracker and the Four Realms."

Ann Licater is a California-based, award-winning recording artist, world flutist, producer and composer of relaxing music. Her signature sound on Native American and world flutes has been lauded and embraced worldwide, and heard via inflight entertainment, on spa radio stations and as meditation music in yoga studios and beyond. She studied with master Native American flutist R. Carlos Nakai (Navajo-Ute) complementing her years of classical flute training at the MacPhail Center for Music in Minneapolis, Minnesota. Licater holds a Master of Liberal Arts from Naropa University, Boulder Colorado where she studied Art-As-Meditation and Spirituality. Her Indie record label Cul de Sac Mystic Productions distributes its digital content under exclusive license to Disney Music Group with music publishing administered by Seven Peaks Music. www.annlicater.com.