

# Suns Of Arqa

## Know Thyself?



[www.interchill.com](http://www.interchill.com)

### KEY DATA

**Release Date:** November 15, 2010  
**Orders Due:** Immediately  
**Producer:** Suns Of Arqa  
**File Under:** World/Electronica/Ambient

- **Know Thyself?** is the 2nd. album on Interchill from world-renowned Suns of Arqa. It follows up on 'Cosmic Jugalbandi', an album which was released 1998 during the early years of the label.

- Bansuri master Pt. Raghunath Seth, who was featured on Cosmic Jugalbandi and Kokoromochi returns to the forefront of 'Know Thyself?' with his devotional and sublime playing of 4 rarely heard Indian ragas.

- **Know Thyself?** is a standout example of authentic world fusion and will appeal to a diverse cross-section of world music, ambient and downtempo electronica enthusiasts.

- this album can be used to enhance one's yoga or meditation practice or for chilling out to maximum effect.

- Suns Of Arqa are widely known around the world for their pioneering world-fusion sound. They have released 35 albums over the course of 30 years and have collaborated with many incredibly talented musicians along the way.

### KEY CATALOGUE:

Bluetech - Love Songs To The Source	ichi00039
Kaya Project - Desert Phase	ichi00038
Kaya Project - ...& So It Goes	ichi00035
Ashtech - Walkin' Target	ichi00029
Various Artists - Bliminal	ichi00027
Various Artists - Sub Signals Volume 1	ichi00026
Spiral Systems - In Your Dreams	micro00001
Various Artists - Gathering the Tribe	ichi00025
Adham Shaikh - Journey to the Sun	ichi00024
Various Artists - Arcana	ichi00023
Various Artists - Sanctuary	ichi00022
Kaya Project - Elixir	ichi00021
Various Artists - Earth Octave Lounge Volume 2	ichi00019
Gaudi - Bass, Sweat & Tears	ichi00018
Kaya Project - Walking Through	ichi00017
Ishq - Orchid	ichi00013



### TRACKLISTING



01. Natbhairav
02. Noor Sarang
03. Nagaswarawali
04. Narayani

### PR Highlights



**UK and US press campaign with John Bourke PR**

**International promo mailout by label to reviewers, radio contacts, DJ's, labels, music supervisors and other industry contacts**

**Previous shows in Montreal**

**Promotion to yoga and massage community**

**A social media campaign is also being planned**

**ichi00040**

Barcode: 5060147126174



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