

# until tomorrow

a gentle guide for a good nights' sleep

presskit



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Until tomorrow has been created to relax the mind and body, allowing the listener to drift into a sound sleep and wake up feeling refreshed.

**Until tomorrow** harnesses the power of music and the spoken word to promote a sense of inner peace, serenity and well-being. The audio tracks on this album consist of step-by-step instructions, softly narrated by Juhi Singh and set against the soothing musical backdrop composed by the renowned musician Karsh Kale.

Based upon the technique of progressive relaxation, Singh helps listeners by bringing awareness to each part of their body and then relaxing it in turn. This gradual process helps to bring about a peaceful state of being that is the perfect precursor for a good night's sleep.

presskit



## Juhi Singh



Juhi Singh is trained as an Oriental Medicine Specialist, licensed Acupuncturist and Chinese Herbalist, and has been featured on CNN, ABC and in numerous national publications. Rapidly emerging as one of the new faces of holistic living, Juhi Singh is a thought-leader in the field of acupuncture in the US and has a clientele consisting of professional athletes, actors, musicians and fortune 500 corporations. More recently, her Facial Rejuvenation Program and the 'Acu-Face lift' received substantial press and recognition for her work at the 2008 Emmy and 2009 Oscar Awards.

As a licensed Yoga instructor, Juhi has also devised a unique program of Therapeutic Yoga whereby Acupuncture points and meridians are correlated with specific Yoga Poses to promote almost instantaneous healing. Indeed it was through these very classes that Juhi's students insisted that she capture the language that sent them to sleep so frequently at the end of their sessions. And so "until tomorrow" eventually came into being, offering a practical solution for those who suffer from the debilitating condition of insomnia.

Juhi Singh was mentored by the esteemed Asha Wollman, a pioneer in contemporary alternative medicine. In addition, Juhi's academic training includes a B.A. in Psychology concentrating in Biology and an M.A. from the Pacific College of Chinese Medicine. Much of her philosophy comes from the instruction of Patanjali and other Yoga Sutras on "non-attachment", a theory which teaches individuals to live their lives free of expectation.

Juhi Singh practices and teaches holistic living in New York City and is the resident acupuncturist at the **Ash Center for Comprehensive Medicine**.



## Karsh Kale

Described by Billboard Magazine as a “visionary composer and producer,” Kale has emerged as a force of nature on the music scene, helping to create a new sound that is more vibrant today than ever. As global consciousness continues its long march towards a state of unity, musicians such as Kale play an important role in this collective journey. By weaving together unique sounds from disparate lands, Kale creates sonic tapestries that manage to resonate with us all. His music is in many ways the soundtrack of a new and more global generation.

Exploration of the world through electronica, rock, jazz, hip hop and Indian classical music has allowed Karsh to enjoy a rich and varied career both as a solo recording artist and a producer, composer and DJ. The uniqueness of his sound has also led to a number of collaborations with notable artists such as Sting, Ravi Shankar, Herbie Hancock, Norah Jones, Lenny Kravitz, The Cure, Yoko Ono and the Midival Pandits to name but a few.

In addition to being a much sought-after artist in the studio, Karsh has also enjoyed an explosive career on stage, performing at venues such as the Lincoln Center’s Alice Tully Hall, the now infamous CBGB’s, the Wetlands, the Hollywood Bowl, the United Nations, The Disney Theatre in LA and the Museum of Natural History in NY, along with numerous live music venues in New York City. Kale has also performed at festivals around the world including, the Montrieux Jazz Festival, Bonaroo, Glastonbury, Burning Man, Bumpershoot, the Sydney Fest and Central Park’s Summerstage.

## Element 6 Press Release

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'Until Tomorrow': a gentle guide to sleep

Introducing Juhi Singh & Karsh Kale: A step-by-step instruction CD to sleep the night away

New York, NY - You eat right, drink your eight glasses of water a day, and even hit the gym most days. So why do you still look and feel so tired and sluggish? The lack of enough good quality sleep is the mostly likely answer. With today's hurried lifestyles, a good night's sleep is often seen as a luxury rather than a necessity. However, it is generally accepted wisdom that a good night's sleep is one of the single most important factors when it comes to overall wellness and a healthy appearance.

*Until Tomorrow* aims to help unshackle the countless number of people - 50 to 70 million Americans suffer from a chronic disorder of sleep and wakefulness according to the Institute of Medicine - from this affliction. Through the combination gentle instruction by Juhi Singh and the soothing musical backdrop of world-renowned percussionist and composer Karsh Kale, this CD aims to help bring the listener through various stages of relaxation and ultimately to a state of restful sleep. This holistic approach is almost certainly a preferable alternative to what can often be addictive medications prescribed by the healthcare industry.

Juhi Singh, a holistic practitioner in New York, is the driving force behind the CD.

*"Through my own personal experience and years of working with numerous patients, I have developed a thorough understanding of this debilitating condition. My motivation for creating 'Until Tomorrow' was to provide the surprisingly large number of people that suffer from insomnia with a safe method of achieving a restful sleep."*

The CD contains two tracks - Sleep and Awake. On both tracks Juhi guides the listener into sleep and then gently wakes them up again the following morning. This guided meditation is complimented by the soothing music of Karsh Kale and each track is accompanied by an instrumental version that can be used at any time for its own relaxing qualities, and indeed can provide a gentle alternative to the shrill of the dreaded alarm clock!

Other benefits of *Until Tomorrow* include:

- Reducing the time taken to fall asleep
- Enhancing the quality of sleep
- Waking up feeling refreshed and rejuvenated

*Until Tomorrow* is available online at **itunes** for \$9.99 or in CD format at **CDBaby** for \$15.99. Go ahead get the CD and see how refreshed and vibrant you feel (They call it beauty sleep for a reason)



## RedBook

Created by Juhi Singh, an acupuncturist, Chinese herbalist, and yoga instructor, this CD has a guided-meditation track with instrumental music to help you fall asleep, and another track to gently rouse you (this requires a CD alarm to activate.) Singh's sleep-inducing plan: She asks you to close your eyes, follow her voice, put aside expectations, and breathe deeply.

Our experience: A few seconds of Singh's voice was enough to make our eyelids grow heavy, and listeners reported feeling very relaxed before drifting off into a sound sleep — though one tester found the wake-up track irritating. Her soothing voice just made me want to go back to sleep.

Bottom line: This CD can bring on sound slumber, and adequate sleep is proved to lower stress-hormone levels.



## IBN Live

New York: The name of the trendy Chelsea nightclub BED says a lot about its seating options.

And on a sultry evening in Manhattan, guests who had dressed for the weather gathered here to learn how they could perform better in bed, at sleeping, that is.

Juhi Singh, a New York based practitioner of holistic medicine, was launching her CD titled Until Tomorrow, meant to ease you into the Zs.

*"Through many many years of experience in treating patients and seeing many students not sleep, I wanted to come up with something that was a safe alternative to drugs."* says Holistic Medicine Practitioner, Juhi.

*"So, we decided to develop a CD, which is more like a guided meditation to help you fall asleep, to clear your mind, so at the end of the night you fall into a deep restful sleep."*

While Juhi provides the mantra for sleep, the music is dished out by one of the hottest Indian-American musicians around, Karsh Kale.

And coming soon, a whole series of CDs, each meant to help sheep-counters of various kinds.

*"What I found through my work with patients and students is that pregnant women have tremendous difficulty falling asleep,"* says Juhi. *"So, the next line of products will be develop a CD for pregnant women."*

With this musical aid, hopefully you don't have to say good luck every time you say good night. The CD is currently available online at [www.sleepuntiltomorrow.com](http://www.sleepuntiltomorrow.com).

Here's something Juhi can say that creators of most albums would never want to: This could put you to sleep.



## Rejuvenation acupuncture treatment by guest blogger Erin Bunch

As a New Yorker, it's perfectly acceptable to be out in the clubs well past the point in life when flawless skin came as easily as bouncing out of bed and off to class the morning after ten tequila shots. Though today's age-is-only-a-number woman has at her disposal a plethora of options when it comes to maintaining the skin of a twenty year-old, most are invasive at best and disfiguring at worst. Fortunately, a little-known method of wrinkle reduction exists within the ancient practice of acupuncture, a natural remedy that won't leave your face looking as though you're in a perpetual state of shock, even if you are. (What? You don't need to see my ID? Are you sure?)

Trained Oriental Medicine Specialist, Acupuncturist, and Chinese Herbalist Jihu Singh began practicing Facial Rejuvenation because she wanted to give women a healthy, natural alternative to the surgical procedures, injections, and other plastic practices being shilled out at exorbitant cost to any woman with even the slightest smile line. Singh, who was mentored by esteemed contemporary alternative medicine expert Dr. Asha Wollman and received her Masters in Traditional Chinese Medicine from the Pacific College of Oriental Medicine, has over 2,500 didactic hours in training and 1,000 clinical hours in acupuncture and herbal medicine. This impressive experience is evident in Singh's confidence in her own techniques, in the effectiveness of Facial Rejuvenation therapies, and in the health benefits of acupuncture as a whole.

The simple process, in which hair-thin needles are inserted methodically into areas of the face and body, is said to smooth wrinkles, soften the skin, stimulate the production of collagen, tone the face by promoting muscle contraction, increase the flow of blood and nutrients to the face, and reduce stress. Though results are noticeable after only one session, Singh recommends around twelve sessions, depending on the age of the patient, to ensure the longevity of the transformation as well as for regular wear-and-tear life maintenance.





## Distribution

Until Tomorrow is available through several distribution outlets.

**iTunes**  
**CD Baby**  
**Jiva Mukti Yoga School**  
**Wellnest**

## Audio

Click on link below to stream sample tracks from the album:

<http://www.cdbaby.com/cd/juhi>



## A Note from Juhi Singh

Sleep is nature's remedy for the body's habitual need to regenerate itself for the coming day. However, in today's busy society it can often be difficult to find that important space where we can switch off our minds in readiness for a good night's sleep. Indeed for some, rather than providing a reprieve from the anxieties of the day, the onset of night can become a prelude to endless hours of restlessness.

Through my own personal experience and years of working with numerous patients, I have developed a thorough understanding of this debilitating condition. My motivation for creating 'until tomorrow' was to provide a surprisingly large number of people that suffer from insomnia with a simple, natural method for achieving restful sleep. Through the combination of soothing music and gentle instruction, these audio tracks gently guide the listener through deepening stages of relaxation and ultimately to a place where sleep can finally rush in.

## About Element 6 Arts

Element 6 Arts was created to bring balance to what for many has become a busy life. By combining the power of music and the visual arts, we have created a small sanctuary of artists who we feel can help connect us with the inner self, the essence of us all.

## General

We are interested in hearing your thoughts and comments about the CD:

Please email: [sanjay@element6arts.com](mailto:sanjay@element6arts.com)

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