

FOR IMMEDIATE RELEASE

Yoga Music Pioneer Wah! Unveils New Album 'IT'S FRIDAY NIGHT' Following Six Years of Global Livestreams

IT'S FRIDAY NIGHT will be available on all major streaming platforms on June 19, 2026. For more information, visit www.wahmusic.com

LOS ANGELES, CA – Long before "yoga music" was a category on iTunes, there was Wah! For over 25 years, she toured, played her bass, sang and rocked the festivals with her upbeat, high-energy sound. Some described her “seductive spirituality” as ahead of its time, but in 2026, Wah!’s message and music is right in the heartbeat of the global yoga movement.

Evolving from a pioneer of Sanskrit chanting into a global authority on sound healing was an artistic journey for her. Wah! spent years exploring world music, jazz, and classical Indian music, and their styles of production, and her early releases focused on traditional Indian instruments (hand drums, harmonium, percussion). As yoga evolved, her sound evolved, and she explored electronic, chill, and pop styles of production - her *LoopsNGrooves* and *High Energy* albums use electronic drums and modern production elements. Her voice was well-suited for chill, mid-tempo music, and *Maa* and *Love Holding Love* delivered a more Sade-influenced, R&B style.

Her new album *It's Friday Night* brings together her spiritual roots (Sanskrit mantra, vocals and harmonium) with sampled, recorded and Ableton Live beats and percussion, delivering a mid-tempo, intimate performance sure to please her fans and regular audiences for the ongoing livestream concerts on FB and IG - offered every Friday night.

Wah! says she enjoys the *It's Friday Night* livestreams (the album is named after the 6-years of livestream programs by the same name) because they generate high energy for the week ahead. And they support the global yoga community, helping people stay connected and spiritually-focused during rapidly changing circumstances on the planet. “We need to focus on healing – healing ourselves, healing our communities – not as a byline but as a practical every day tool to reduce stress and improve the outcome.

Wah! is a legendary innovator in the world of yoga music and sound healing. For over 25 years, she has been a pioneer in the global yoga movement, evolving from a master of Sanskrit chanting to a multidisciplinary artist who seamlessly blends world music, pop, and modern electronic production. Best known for her iconic *Savasana* series and high-energy festival performances, Wah! continues to bridge the gap between ancient spiritual traditions and contemporary sound. Her mission remains constant: to provide practical, everyday tools for healing and self-connection through the power of music.

IT'S FRIDAY NIGHT captures the sacred pulse of a 25-year career and the infectious energy of the ongoing *Friday night* online celebrations. MC Yogi, Trevor Hall, and Donna DeLory all deliver similar high energy devotion, and their fans will enjoy discovering Wah!'s catalog. Wah!'s new album offers a contemporary soundtrack that proves spirituality doesn't always have to be silent; sometimes, it's a party.

With accolades from Yoga International, Ladies Home Journal and a discography that has defined a genre, Wah! continues to use her voice to inspire a more joyful, balanced, and deeply connected life. IT'S FRIDAY NIGHT is more than just a collection of songs—it is an invitation to find sacred joy in the present moment.

Album Release Date June 19, 2026

Weekly Livestream Every FRIDAY 5.30pm PT on [FB](#) and [IG](#)

FB facebook.com/healingwah

IG [@healingwah](https://instagram.com/healingwah)

Youtube REPLAYS: youtube.com/everythingwah

Media Quotes

Hip elegance and perennial wisdom flow from the lovely voice of Wah!
- EAST WEST MUSIC

Wah! weaves together elements of pop and Sanskrit chanting because pop is the heartbeat—the pulse—of American culture. Bhajans and chant are the pulse of Indian culture, before Westernization. She explored elements of pop and Indian instrumentation until she found the right sound.
-ANNA DUBROVSKY, JOURNALIST

Wah! emanates a beautiful expression of wholeness. Her experience as a performer, teacher and author allow her to share from both inner and outer worlds. Wah! transmits a message of healing.
- DR. JULIE KRULL, THE DR. JULIE SHOW: ALL THINGS CONNECTED WBLQ AM TALK RADIO

Wah! uses her natural gift of music to help people with healing and centering.
- LADIES HOME JOURNAL

About Wah!

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