

MP3 Format

MP3 is a compressed data format for audio files. You can either:

- Play it on your PC
- Play it on your MP3-Player

Or you can burn your own audio CD to play on your CD player.

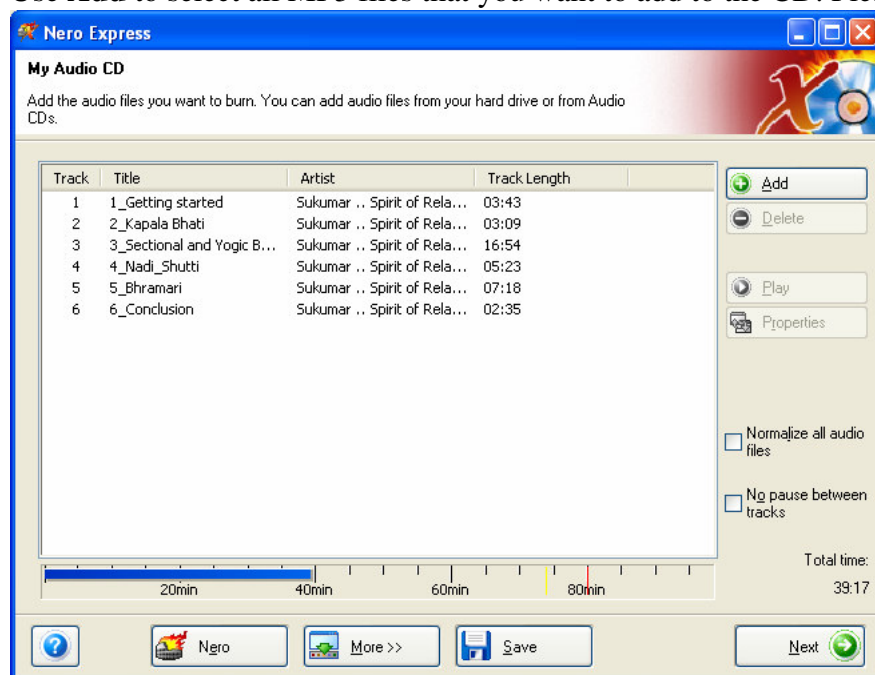
Create an Audio CD with MP3 Files

You need to following items to create on Audio CD:

- A CD burner
- A software that is able to burn CDs like Nero, that is rather often shipped with the PC,
- Potentially a software that is able to decompress Mp3 files back to the WAV-format like the freeware software CDex.

Nero decompresses MP3 files **automatically**. You select: **Make Audio CD**.

Use **Add** to select all MP3 files that you want to add to the CD. Please note that the relaxation



exercises are divided in tracks and each file name starts with a number. Make sure that the track numbers and number of the titles match. That ensures the correct exercise sequence.

The Nero screen shown, would allow you to burn your Pranayama CD with the downloaded files.

If your CD burning software does not support the automatic decompression of MP3 files, you will need to decompress the files before you burn the CD. You can use for example the freeware Cdex for his purpose.