

MINDFUL MUSIC MOMENTS

Mindful Music Moments works in partnership with the Cincinnati Symphony Orchestra, Cincinnati Opera and the Contemporary Arts Center to bring you mindfulness and beautiful music. We hope you will take this time to quiet your mind, find your breath, and connect with your very best self.

FUN FACT:

Beethoven was likely more than 60% deaf by the time he wrote Symphony No. 5.

CHARACTER STRENGTH:

Beethoven worked on this piece of music for four years. He had tremendous **perseverance**, especially because he was going deaf at the time.



Classical Clip: Symphony No. 5 in C minor, Allegro

Composer: Beethoven

Composed: 1804-1808

Partner: Cincinnati Symphony Orchestra

The Symphony No. 5 in C minor is one of the best-known compositions in classical music, and one of the most frequently played symphonies. The fourth movement resounds in C major, an unusual choice by the composer as a symphony that begins in C minor is expected to finish in that key. Beethoven said, "Many assert that every minor piece must end in the minor ... (yet) joy follows sorrow, sunshine—rain."

DAY 1: Today let's just notice how we respond to the music. What does this symphony make you think about? How does it make you feel?

DAY 2: Place your hand or hands on your heart. Can you feel your heart-beat while listening today?

DAY 3: Imagine you are in the orchestra playing this music. What instrument would you be playing? Can you listen for that instrument and imagine yourself playing whenever you hear it?

DAY 4: This movement is meant to be joyful. Would it help you feel more joyful if you smiled while listening to the music? Try it! The expression on your face sends a signal to your entire body as to how it should feel.

DAY 5: It's time to conduct! Lift your arms in the air and without knocking into a neighbor, conduct Beethoven's Symphony No. 5.