

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:

Brahms helped his family earn money by playing music when he was a teenager.

CHARACTER STRENGTH:

Brahms loved to be in nature and would spend entire summers alone, walking in the woods and working on compositions. He **appreciated the beauty** of nature.



Classical Clip: Symphony No. 3 in F major, Op. 90, III

Composer: Brahms

Composed: 1883

Partner: Cincinnati Symphony Orchestra

Johannes Brahms is considered to be one of the greatest composers of all times. Yet when he was composing, he was so overwhelmed by Beethoven's talent, it took him many, many years to write a single symphony. This movement of his Symphony No. 3 is one of the most famous of his works.

DAY 1: Today, let's just listen to this music and appreciate its beauty. What does it make you think about? How does it make you feel?

DAY 2: Composers write notes on the tempo, or speed, that the music should be played. For this, Brahms suggested "poco allegretto" which means "a little bit light, graceful and moderately fast in tempo." Can you match your breath to the tempo? Make it light and graceful?

DAY 3: Today, see if you can hear the string instruments. Can you visualize the musicians playing the violins or the cellos while you listen? When do they play quickly? When do they slow down?

DAY 4: When you listen today, see a stage in your mind's eye. If you were watching dancers, what would they be doing? How many of them would be dancing on the stage? Today, choreograph a mental ballet to Brahms.

DAY 5: Let's conduct Brahms today. Lift your arms and conduct this symphony. Even if you don't actually move, you can visualize the movement.