

# 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:

In Irish fiddling there are few known composers, as many tunes have been taught by ear and passed down from one generation to another. Also, many players adjusted tunes to suit their style and taste, so there can be many variations for a particular tune.

## CHARACTER STRENGTH:

Being in a band requires **teamwork**. What will you do this week to be a good team player?



## Classical Clip: The Old Favourite

Composer: The Gloaming

Composed: 2016

Partner: Contemporary Arts Center

The Gloaming is a contemporary band that enhances traditional Irish music's rich, melancholic tones with modern hues of jazz, contemporary classical, and experimental music. "Gloaming" means dusk or twilight, the time at night when the sun is just about to set. The Gloaming has produced two albums and tours throughout Ireland and the United States.

**DAY 1:** Many of the pieces we listen to in Mindful Music are very old compositions. This one was composed very recently. As you listen, notice if you think the music sounds new or old. Why?

**DAY 2:** Can you hear the violin in this music? Often referred to as an Irish fiddle, the instrument is exactly like a violin but it is played in a very particular folk style. Do you enjoy the way it sounds?

**DAY 3:** We often work to feel our breath in our body. Today, while listening, see if you can focus on the sensation of your breath coming in and out of your nose. See if you can listen and focus on your breath at the same time.

**DAY 4:** If you were to paint a picture of this song, what would it look like?

**DAY 5:** It's time for an imagination vacation. Listen and let your mind enjoy the freedom to explore whatever it wants today.