



SF SYMPHONY

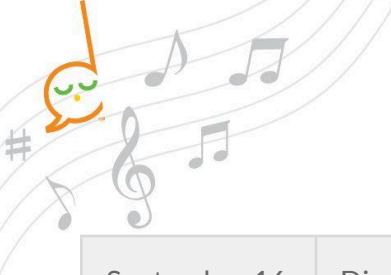
Mindful Music Moments Playlist 2024-2025

WEEK	COMPOSER & SELECTION	THEME
2024		
July 29	Respighi, Pines of Rome: III. The Pines of Janiculum Los Pinos de Roma: III. Los pinos del Janículo	Beauty
August 5	Vaughan Williams, Lark Ascending El ascenso de la alondra	Beauty
August 12	Beach, Piano Quintet in F-sharp minor: II. Adagio espressivo + Quinteto con piano en fa sostenido menor: II. adagio expresivo	Calm
August 19	Howd/Sloan, Fiona’s Lullaby + ♦ Canción de cuna para Fiona	Calm
August 26	Elgar, Cello Concerto: III. Adagio Concierto de violonchelo: III. Adagio	Calm
September 2	Blackshaw, Peace Dancer + ♦ Bailarina de la paz	Dance
September 9	Coleridge-Taylor, The Bamboula * The Bamboula	Dance

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Updated December 4, 2024

Diverse Composers Key: + Woman or Non-Binary Composer, * Black, Indigenous, or Person of Color, ♦ Living Composer

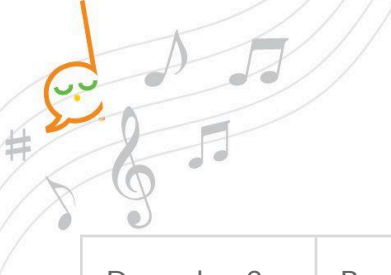


September 16	Dingman, ride, from journeys vol. 2 ⁺ ride, de journeys volumen 2	Solo: Vibraphone
September 23	Lalo, Cello Concerto: II. Intermezzo, Andantino con moto Concierto para violonchelo: II. Intermezzo, Andantino con moto	Solo: Cello
September 30	Albéniz, Songs of Spain: III. Under the Palm Tree [*] Cantos de España: III. Bajo la palmera	Solo: Guitar
October 7	Nabors, Wonder: I. I wonder... ⁺ [*] Imaginar: I. Yo imagino... NEW MUSIC PREMIERE, Learn more	Space and Wonder
October 14	Nabors, Wonder: II. What Lies Beyond ⁺ [*] Imaginar: II. Lo que está más allá NEW MUSIC PREMIERE, Learn more	Space and Wonder
October 21	Nabors, Wonder: III. Leaps & Bounds ⁺ [*] Imaginar: III. Saltos y brincos NEW MUSIC PREMIERE, Learn more	Space and Wonder
October 28	Holst, The Planet: II. Venus, the Bringer of Peace Los planetas: II. Venus, la portadora de la paz	Space and Wonder
November 4	Holst, The Planet: IV. Jupiter, the Bringer of Jollity Los planetas: IV. Júpiter, el portador de la alegría	Space and Wonder
November 11	Nishimura, Echoes of a Northern Lake ⁺ ⁺ [*] Ecos de un lago del norte	Water
November 18	Lyadov, The Enchanted Lake El lago encantado	Water
November 25	Clyne, Abstractions: III. Seascape ⁺ ⁺ Abstracciones: III. Paisajes marino	Water

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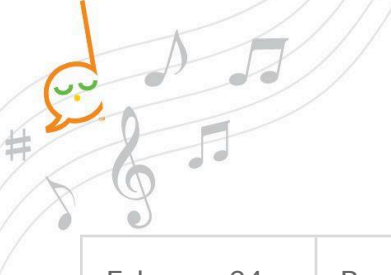
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December 2	Boyer, Rhapsody in Red, White, and Blue [♦] Rapsodia en rojo, blanco y azul	Piano
December 9	Satie, Trois Gymnopédies: No. 1	Piano
December 16	Beethoven, Piano Concerto No. 5 "Emperor": II. Adagio Concierto para piano nº 5 "Emperador": II. Adagio	Piano

2025		
December 30	Vaughan Williams, Lark Ascending El ascenso de la alondra	Beauty
January 6	Respighi, Pines of Rome: III. The Pines of Janiculum Los Pinos de Roma: III. Los pinos del Janículo	Beauty
January 13	Shimomura, Dearly Beloved ^{‡ ♦}	Video Game
January 20	Borodin, String Quartet No. 2: I. Allegro moderato	Calming Strings
January 27	Zimmer, The Lion King: This Land [♦]	Movie Magic
February 3	Mason, Portrait of Scheherazade [♦]	Calming Strings
February 10	Coleman, Umoja ^{‡ ♦}	Woodwinds
February 17	Loggins-Hull, Hide and Seek ^{‡ ♦}	Woodwinds

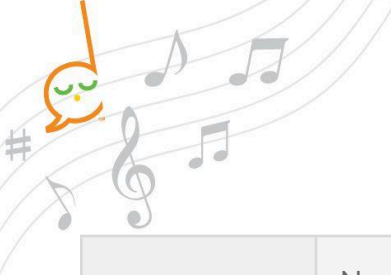


February 24	Boulanger, Nocturne for Flute and Piano ⁺ <u>Nocturno para flauta y piano</u>	Woodwinds
March 3	Piazzolla, Oblivion [*]	Emotions In Music
March 10	Causilla, Bloom ⁺ [♦]	Emotions In Music
March 17	DeAtley-Rosales, drizzling warmth ⁺ [♦] <i>STUDENT COMPOSITION</i>	Emotions In Music
March 24	Summermusik, Carnival of the Animals: Remix: I. USA-Eagle [*] [♦]	New Sounds & New Music
March 31	Jlin / Third Coast Percussion, Perspective: VI. Duality ⁺ [*] [♦]	New Sounds & New Music
April 7	Menken, Go The Distance, from Hercules [♦] <u>No importa la distancia, de Hércules</u>	Movie Magic
	<i>BONUS CONTENT:</i> Mindful Poetry Moments Week 1	
April 14	Menken/Muraji, Part of Your World, from The Little Mermaid [♦] <u>Parte de tu mundo, de La sirenita</u>	Movie Magic
	<i>BONUS CONTENT:</i> Mindful Poetry Moments Week 2	
April 21	Jolley/Matzke, You Don't Know What It Is ⁺ [♦]	New Sounds & New Music
	<i>BONUS CONTENT:</i> Mindful Poetry Moments Week 3	

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April 28	Nambirajan, Her Child ⁺ * [♦] STUDENT COMPOSITION	New Sounds & New Music
	BONUS CONTENT: Mindful Poetry Moments Week 4	
May 5	Korngold, Incidental Music to “Much Ado About Nothing”: Intermezzo	Relaxing Strings
May 12	Villa-Lobos, Saudades das Selvas Brasileiras No. 2 *	Relaxing Piano
May 19	Manuel Ortega Caballo, Summer Waltz * [♦]	Relaxing Piano
May 26	Larson, Seasons of Love, from Rent	Gentle Start To Summer
	Bach, Cello Suite No. 3: IV. Sarabande	
June 2	Márquez, Danzón No. 2 * [♦]	Gentle Start To Summer

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Living Composer	[♦]



Meet the Voices of
MINDFUL MUSIC MOMENTS



Stacy Sims



Adriana Prieto Quintero

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