



UTAH SYMPHONY



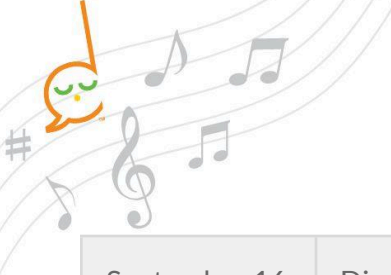
Mindful Music Moments Playlist  
2024-2025

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

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



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

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|             |                                                                                                            |       |
|-------------|------------------------------------------------------------------------------------------------------------|-------|
| December 2  | Boyer, Rhapsody in Red, White, and Blue <sup>♦</sup><br>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<br>Concierto para piano nº 5 "Emperador": II. Adagio | Piano |

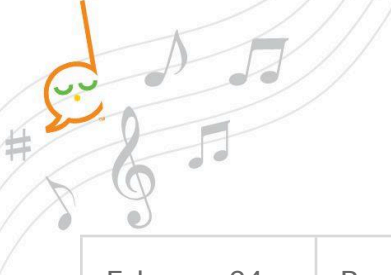
2025

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

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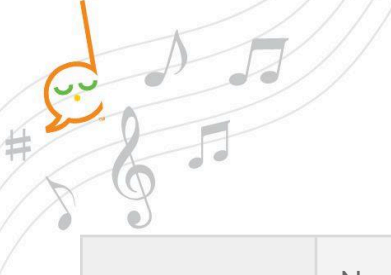


|             |                                                                                                                     |                        |
|-------------|---------------------------------------------------------------------------------------------------------------------|------------------------|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

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|          |                                                                          |                        |
|----------|--------------------------------------------------------------------------|------------------------|
| April 28 | Nambirajan, Her Child <sup>+</sup> * <sup>♦</sup><br>STUDENT COMPOSITION | New Sounds & New Music |
|          | BONUS CONTENT: <a href="#">Mindful Poetry Moments</a> 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 * <sup>♦</sup>                       | 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 * <sup>♦</sup>                                     | Gentle Start To Summer |

| COMPOSER KEY                                |              |
|---------------------------------------------|--------------|
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| Black, Indigenous, Person of Color Composer | *            |
| Living Composer                             | <sup>♦</sup> |



Meet the Voices of  
**MINDFUL MUSIC MOMENTS**



**Stacy Sims**



**Adriana Prieto Quintero**

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