

Classical Music for Mindfulness

(2016)

Track List:

- 1 ARVO PÄRT Spiegel im Spiegel (Mirror within Mirror)
- 2 JONATHAN PRICE Rustin
- 3 FRANZ SCHUBERT Ständchen (Serenade), from Schwanengesang (Swansong)
- 4 ALESSANDRO MARCELLO arr. JOHANN SEBASTIAN BACH Adagio, from Concerto in D minor
- 5 CAMILLE SAINT-SAËNS The Swan, from Carnival of the Animals
- 6 JAMES SCOTT SKINNER The Cradle Song
- 7 CLAUDE DEBUSSY Clair de lune (Moonlight), from Suite bergamasque
- 8 TRADITIONAL arr. BENJAMIN BRITTEN The Salley Gardens
- 9 PHILIP GLASS Opening
- 10 ELENA KATS-CHERNIN Butterfly
- 11 JOHANN SEBASTIAN BACH Sonata No. 1 in G minor for solo violin: I. Adagio
- 12 JOHANN SEBASTIAN BACH Suite No. 1 in G major for solo cello: I. Prelude
- 13 ERIK SATIE Gymnopédie No. 1
- 14 ARVO PÄRT Pari intervallo (At an Equal Distance)
- 15 JOHANN SEBASTIAN BACH Prelude in C major, from The Well-Tempered Clavier
- 16 MICHAEL NYMAN Gloomy Winter, from The Piano
- 17 ELENA KATS-CHERNIN The Rain Puzzle
- 18 EDVARD GRIEG Morning Mood, from Peer Gynt Suite No. 1
- 19 LUDOVICO EINAUDI I giorni (The Days)