

The Well presents

MINDFUL MUSIC MOMENTS

The Well's Mindful Music Moments has partnered with world class orchestras, opera companies and others to bring you mindfulness and classical music. Take this time to quiet your mind, find your breath, and connect with your very best self.

FUN FACT:

In 1705, 20-year-old Bach walked 280 miles to hear a concert by a composer he admired.

CHARACTER STRENGTH:

The composer Guonod admired Bach's work, just as Bach admired another composer so much he walked 280 miles to hear him play. Did you know **SHOWING ADMIRATION** is a character strength? Who do you admire?



Classical Clip: Ave Maria
Composer: Bach/Gounod
Composed: 1772/1852
Partner: Columbus Symphony Orchestra

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Bach composed Prelude in C Minor in the late 1700's. Charles Gounod, also a composer, admired Bach so much that he improvised, or made up while he was listening, an additional melody to layer on top of Bach's masterpiece. So these composers never met, yet co-created this music.

DAY 1: On our first day, let's just notice how this music makes us feel. There is no right or wrong way to experience this music. What is your experience?

DAY 2: Today, let's imagine and feel that the notes of the piano are tickling our brain.

DAY 3: Today, let's imagine and feel that the cello, or string instrument, we hear is playing directly to our hearts.

DAY 4: Today, imagine and feel both the piano tickling your brain and the violin playing to your heart.

DAY 5: On our our last day, see if you can notice your brain tickling, your heart beating and your breath moving.



columbus
symphony