

Ambre

Music by Nils Frahm

Focussing your senses on playing the piano can help to free your mind from negative thoughts and pull you into the present moment. This process is a perfect exercise in mindfulness.

Andante, leggiero

p

ritenuto

a tempo **ritenuto** **a tempo**



Winter (from 'The Four Seasons') Slow Movement

Composed by Antonio Vivaldi

The music of the *Four Seasons* was originally accompanied by Italian sonnets, possibly written by Vivaldi himself. This helps to bring the musical story to life. For the 'Largo' of *Winter*, the accompanying text is 'To spend the quiet and happy days by the fire, Whilst outside the rain soaks everyone. To walk on the ice with slow steps, And go carefully for fear of falling.'

Think of these words whilst playing the music and when your mind wanders, bring it back to the text and the warm image of the hearth.

Largo

mf

3

6

9

12

15

poco rit.

p