

CITY SILENCE PRESENTS MINDFUL MUSIC MOMENTS

City Silence'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:

During his time in America, Dvořák produced three of his most famous works - the String Quartet No. 12, known as the 'American', the Cello Concerto in B minor, and the 'New World' Symphony.

CHARACTER STRENGTH:

Dvořák had a **love of learning**, particularly about trains. He loved to memorize train schedules and hearing about journeys on trains. After he came to the United States, he added steamboats and pigeons to his list of things to learn about.



Classical Clip: Dvořák "New World" Symphony No. 9

Composer: Antonín Dvořák

Composed: 1893

Partner: The Cleveland Orchestra

The Symphony No. 9 in E minor, "From the New World", popularly known as the New World Symphony, was composed by Antonín Dvořák in 1893. It is by far his most popular symphony, and one of the most popular of all symphonies. Neil Armstrong took a recording of the New World Symphony to the Moon during the Apollo 11 mission, the first Moon landing, in 1969.

DAY 1: Can you imagine hearing this music while in outer space, just like Neil Armstrong? Let's listen.

DAY 2: Largo, the tempo of this movement, is perfect to practice slow breathing. As you breathe, you might think of this: In, out. Deep, slow. In, out. Deep, slow. Let's go.

DAY 3: In the past, we have imagined dancers moving to the music. Today, imagine an ice skater moving across the ice.

DAY 4: This music was composed while Dvořák was visiting the United States for the first time. Do you think this music represents the city or a place in nature? Can you imagine what the composer was thinking when he wrote this piece?

DAY 5: Let's take an imagination vacation today. Enjoy your time with this beautiful movement.

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CLEVELAND
ORCHESTRA