



# *Breathe*

## Music and Your Mind with Maggie's

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### Introduction

Thank you for registering for *Breathe*. We're really looking forward to you joining us for this special performance. Read on for more information about what to expect and also some tips for getting the best listening experience.

This is an interactive performance and we hope you'll feel comfortable in sharing your thoughts and reactions with us as part of the experience. However, there is no pressure to do so.

Scottish Ensemble has been working with the charity [Maggie's](#) for several years now, supporting and contributing to their brilliant work with people with cancer and their families by bringing live music into their centres. *Breathe* will combine our trademark music for strings with reflections from Maggie's Lead Psychologist, Lesley Howells on how we can all use music in our daily lives to help us feel better.

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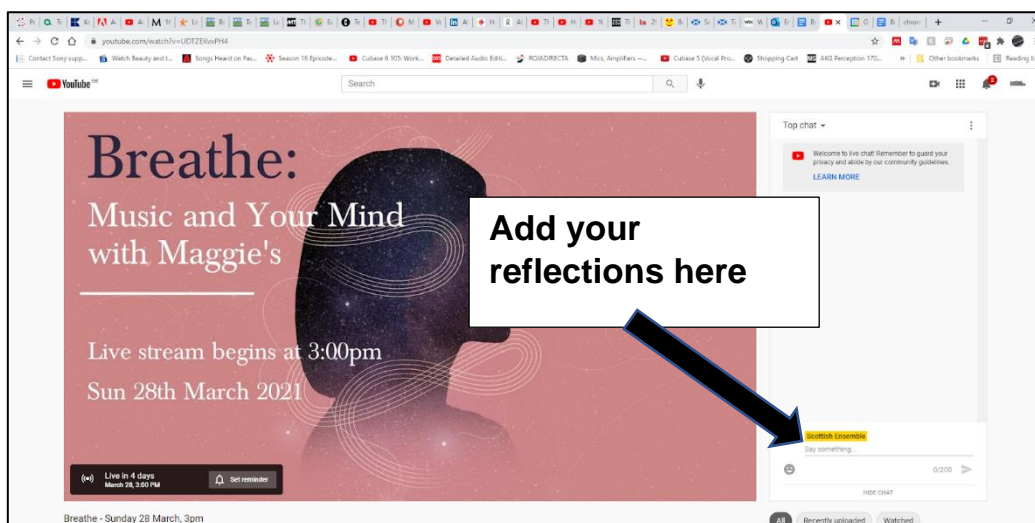
### Programme

When the performance begins, the first thing you will hear is a piece of music by [Philip Glass](#). This gives you a chance to settle into the sound of whatever listening environment you're in and to enjoy the music without any preparation.

Then our leader and psychologist Lesley will explain the session and the three musical listening exercises we are going to share.

Lesley will settle us in for our first *pausing with listening* experience. We will find calm and focus our minds with simple breathing exercises and grow our awareness of sounds around us to prepare us for listening. Then the music will start, and we have an opportunity to listen deeply.

At the end of the piece, Lesley will invite you to share your reflections on what you felt, or thought, or saw in your mind's eye, while you were listening to the piece. You can do this by using the chat window to the right of the video on YouTube (see below) and Lesley will feed in these comments to the live discussion. There are no silly or wrong answers here, we want to share and celebrate the different things we get from listening to music in this way. Our musicians will also share their own experiences of playing this music and will have a discussion on how music is affecting our minds.



This experience is then repeated for two more musical *listen and reflect* exercises with contrasting pieces, each with their own discussions. Then to finish, we'll perform a final uplifting piece to send you off to the rest of your day with a spring in your step.

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## Music

Intro	Philip Glass, <i>Echorus</i>
Listening Exercise 1	Peter Gregson, <i>Primary Colours</i>
Listening Exercise 2	J. S. Bach, <i>Goldberg Variations No.15</i>
Listening Exercise 3	Ralph Vaughan Williams, <i>The Lark Ascending (Extract)</i>
Outro	Danish Traditional (arr. Danish String Quartet), <i>The Peat Dance</i>

## Musicians

Director/Violin: Jonathan Morton

Violin: Cheryl Crockett, Daniel Pioro, Liza Johnson, Tristan Gurney, Joanne Green, Laura Ghio

Viola: Jane Atkins, Andy Berridge

Cello: Alison Lawrance, Naomi Pavri

Bass: Diane Clark

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## How to get the best experience

### *Computer*

You'll need a computer or tablet device (such as an iPad) connected to the internet and able to access YouTube.

### *Headphones/speakers*

Like any recorded experience the quality of sound is affected by your choice of loudspeakers or headphones. If you are listening on your own we recommend plugging in a set of headphones. In the main, laptop and tablet speakers aren't great, so if you are listening as two or more people you could connect your laptop to a hi-fi or external speakers.

### *Set your YouTube resolution*

You should set your YouTube resolution to the highest you can without causing buffering (a pause of the playback while the computer loads the video). The maximum quality will be the same no matter what you are watching on YouTube, so you can trial it by watching other videos.

You change the resolution by the settings button in the bottom right which looks like this:



Then select quality, and then select the highest number that works for your internet connection. 1080 represents full HD which we'd recommend if your internet is fast enough.

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## Access performance

We want as many people as possible to enjoy this experience, so the 3pm performance on Sunday 28 March will have live BSL interpretation.

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## Supported by

Creative Scotland | Glasgow City Council | DC Thomson Charitable Trust | Hugh Fraser Foundation | McGlashan Charitable Trust

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