

Hello, everyone:

Last week, Nashville Symphony violist Clare Yang shared the viola with us. In an orchestra, the viola is used to fill in harmonies and support whatever is happening in the primary melodic parts. Sometimes the viola takes on a rhythmic role to drive music forward, too. When it is used as a solo instrument, violists often need to "borrow" solo repertoire from other instruments. This was the case with one of the pieces Clare played for us: Bach's G major Suite for Cello. Clare played the Prelude, Courante, Sarabande, and Minuet from the Suite. Clare also played a selection from the Vieuxtemp Sonata for Viola.

Clare sent along some recordings she did with her colleagues at the Nashville Symphony. Enjoy!

Amazing Grace for 4 violas arr. Jennifer Higdon

<https://youtu.be/i6aS7hsJELo>

Viola Octet by Chris Farrell

<https://youtu.be/FYhiHPB-kB8>

Tomorrow, we welcome Becca Laurito! Becca Laurito is a Classical Musician, Energy Healer, and Sound Meditation Professional. Becca plays Principal Percussion in the Hawai'i Symphony Orchestra and specializes in creating beautiful tones from unusual instruments. On the pathway to musical mastery, Becca experienced a big burnout, ultimately resulting in autoimmune disease. Motivated to heal herself, Becca developed a deep interest in Holistic Healing, Spiritual Psychology and the Mind/Body Connection. Becca holds certifications in Yoga, Nutrition, Meditation, Breathwork, Energy Healing, in addition to her job in the orchestra. Becca leads virtual Sound Meditations and trains healers to use Sound in their practices.

https://blog.health-kick.com/2021/09/16/what-is-sound-healing/?fbclid=IwAR3Qh85prht4q_N_y9FQ3XZY3Ushshn11zwuYamlvBbm4-3279JQI8yUyFs

Until tomorrow!
Chrysa and Julianne