

## Rahatlamak İçin Bir Müzik Listesi



Çocuklarımıza nefes egzersizleri, yoga, ve meditasyon yaptırdığımız, veya sadece birlikte rahatlamak istediğimiz zamanlar için ufak bir mindfulness (bilinçli farkındalık) müzik listesi hazırladık. Uykuya dalmakta zorluk çeken çocuklar için de sakinleştirici ve stres azaltıcı melodiler içeren müzik listemiz, mindfulness

aktiviteleri sırasında hem çocukları hem de yetişkinleri rahatlatacak nitelikte. Keyifli dinlemeler! :)

1) Claude Debussy, Khatia Buniatishvili - *Suite*

*Bergamasque, L. 75: III. Clair de lune.* Link: <https://open.spotify.com/track/1p6E7j1YI1rJ82hOoG1OM4?si=nSlPu-B1SxC6jpCWZAlLew>

2) Ludwig van Beethoven, Valentina Lisitsa - *Piano Sonata*

*No.14 In C Sharp Minor, Op.27 No.2 - "Moonlight":*

*1.Adagio sostenuto - Live At The Royal Albert Hall/*

*2012.* Link: [https://open.spotify.com/track/](https://open.spotify.com/track/3QhBYhSu01QkORv8KPKByD?si=8ZciDnuNQGaYlHWF1lqK1w)

[3QhBYhSu01QkORv8KPKByD?si=8ZciDnuNQGaYlHWF1lqK1w](https://open.spotify.com/track/3QhBYhSu01QkORv8KPKByD?si=8ZciDnuNQGaYlHWF1lqK1w)

3) Erik Satie, Alice Sara Ott - *3 Gymnopediés: 1. Lent et*

*douloureux.* Link: [https://open.spotify.com/track/](https://open.spotify.com/track/3ZWZIdKpEVWgxQcy3I8kwh?si=4LUTpZmoSF6polyzxYg-CQ)

[3ZWZIdKpEVWgxQcy3I8kwh?si=4LUTpZmoSF6polyzxYg-CQ](https://open.spotify.com/track/3ZWZIdKpEVWgxQcy3I8kwh?si=4LUTpZmoSF6polyzxYg-CQ)

4) Ólafur Arnalds - *Fyrsta.* Link: [https://](https://open.spotify.com/track/1EEJBU0ORu9dLZQSeQkZOP?si=I9uwPqK3Saq5DxO1NRd6nw)

[open.spotify.com/track/1EEJBU0ORu9dLZQSeQkZOP?](https://open.spotify.com/track/1EEJBU0ORu9dLZQSeQkZOP?si=I9uwPqK3Saq5DxO1NRd6nw)

[si=I9uwPqK3Saq5DxO1NRd6nw](https://open.spotify.com/track/1EEJBU0ORu9dLZQSeQkZOP?si=I9uwPqK3Saq5DxO1NRd6nw)

5) Yanni - *One Man's Dream.* Link: [https://](https://open.spotify.com/track/53Lfqp8F0KCIInwcFjabMJB?si=uI9C-N1ETSOJDtTZnTv2rw)

[open.spotify.com/track/53Lfqp8F0KCIInwcFjabMJB?si=uI9C-](https://open.spotify.com/track/53Lfqp8F0KCIInwcFjabMJB?si=uI9C-N1ETSOJDtTZnTv2rw)

[N1ETSOJDtTZnTv2rw](https://open.spotify.com/track/53Lfqp8F0KCIInwcFjabMJB?si=uI9C-N1ETSOJDtTZnTv2rw)

- 6) Ibrahim Maalouf - *Lily (Is 2)*. Link: <https://open.spotify.com/track/6f8VnbFhjEjVM82cP8iPnq?si=SuzIImg9Qru8NRuYaJtNsw>
- 7) Yiruma - *River Flows In You*. Link: <https://open.spotify.com/track/64rL48E6xWMIXdpcFDEiB8?si=IIjAeCJRQNWszDw9aJ51Rg>
- 8) Thierry Escaich, Beatrice Berrut - *Jeux de doubles*.  
Link: <https://open.spotify.com/track/29dUKTRhbQVBtfRBr1NHdH?si=YgX8fI0qRg2vRTQBAl3Pfa>
- 9) Mélanie Laurent - *Début*. Link: <https://open.spotify.com/track/2g2Ggi6gqJiVD2knmkMEfM?si=Lfgd-BMaQOmhJPSwM0q4Hg>
- 10) Evelyn Stein - *Quiet Resource*. Link: <https://open.spotify.com/track/5FoZCDC16WhrAIm4Ygyjg7?si=PW0TYgWYQtOF3eHNI7CtIg>
- 11) Philip Glass, Valentina Lisitsa - *The Hours* - Arr. Michael Riesman: *Tearing Herself Away*. Link: <https://open.spotify.com/track/09gFPVAHGwZw7YpsuDgtT6?si=mTuts5xDQW-9T8Mq3qY0YA>
- 12) Johann Sebastian Bach, Glenn Gould - *Goldberg Variations, BWV 988: Aria*. Link: <https://open.spotify.com/track/5bu9A6uphPWg39RC3ZKeku?si=cCgceMULtsK6vFG16EX4ew>

- 13) Orange Blossom - *Souffrance*. Link: <https://open.spotify.com/track/5wHuoAinliirmIvx5skVzA?si=CxStb-ZWTjyrOuZMHPDn9g>
- 14) Frédéric Chopin, Brigitte Engerer - *Nocturne, Op. posth. In C-Sharp Minor: Lento*. Link: <https://open.spotify.com/track/0bcGY7mfG10QfeaDbz97hC?si=yjqMNMk3R5O5e3usRHyMxw>
- 15) Yiruma - *Kiss the Rain*. Link: [https://open.spotify.com/track/40BHvbyw4UeadzkzaVpcbD?si=-9pyI\\_zrQEekVS1OLcw\\_OQ](https://open.spotify.com/track/40BHvbyw4UeadzkzaVpcbD?si=-9pyI_zrQEekVS1OLcw_OQ)
- 16) Evgeny Grinko - *Valse*. Link: [https://open.spotify.com/track/41UTnVa6DvcVPUYoXWA97h?si=X\\_86dmlwThSr5b4H0KUJhQ](https://open.spotify.com/track/41UTnVa6DvcVPUYoXWA97h?si=X_86dmlwThSr5b4H0KUJhQ)
- 17) Balmorhea - *Remembrance*. Link: <https://open.spotify.com/track/4VCKj1eGRZ0snkb5WLgLsX?si=e92G0Q7dTGSerJmbAA6T6g>
- 18) Evgeny Grinko - *Jane Maryam*. Link: [https://open.spotify.com/track/46xC5pDq9vx14JcHkb1QkX?si=5nDD\\_C2tT0ugoAe9yl8DBQ](https://open.spotify.com/track/46xC5pDq9vx14JcHkb1QkX?si=5nDD_C2tT0ugoAe9yl8DBQ)