

Lyt til udvalgte numre, læs om musikken og køb cd'erne på
www.hornstrupkursuscenter.dk / 120,- pr. cd

Music to De-stress /Tempo: 30-60 beats pr minut

Rolige, konsistente rytmer med udgangspunkt i Mahler og havets brusen. Stressreducerende og nervøsitetsdæmpende. Befordrende for fysisk afslapning, dybe tanker, søvn og terapeutisk massage.

TITLE	COMPOSER	MINUTES
Arrangements and variations from the Fourth Symphony, Poco adagio, by Gustav Mahler.		
1. Variation I Letting Go	Gustav Mahler	[6:50]
2. Poco adagio Ensemble	Gustav Mahler	[7:55]
3. Foghorn Melodies	Gustav Mahler	[17:10]
4. Variation II Dreamtime	Gustav Mahler	[3:26]
5. Floating	Gustav Mahler	[10:20]
6. Variation III Drifting	Gustav Mahler	[5:13]
7. Poco adagio Ensemble Strings	Gustav Mahler	[9:06]
TOTAL		[60:00]

Music to Relax /Tempo: 40-60 beats pr minut

Nænsomt improviserede kompositioner af bl.a. Bach, Beethoven og Vivaldi. Ideel til fysisk afslapning og hvile, Befordrende for rolig tænkning, reduceret hyperaktivitet og terapeutisk massage.

TITLE	COMPOSER	MINUTES
1. Arioso	Johann Sebastian Bach	[7:35]
2. Adagio from Piano Concerto No. 5	Ludwig van Beethoven	[6:00]
3. Largo from Sonata No.3, Op. 58	Frederic Chopin	[4:52]
4. Adagio from Concerto Grosso Opus 6, No. 8	Arcangelo Corelli	[6:21]
5. Piano Trio in Bb	Franz Schubert	[5:08]
6. Air from Orchestral Suite #3 in D Major	Johann Sebastian Bach	[5:41]
7. Concerto in Cmi BMV 1060	Johann Sebastian Bach	[3:44]
8. Largo from Violin Concerto, Opus 3, No. 6	Antonio Vivaldi	[10:55]
9. Traumerei	Robert Schumann	[6:21]
10. Arioso	Johann Sebastian Bach	[3:06]
TOTAL		[60:00]

Kendte klassiske kompositioner. Genindspillet og tilpasset ift. hastighed, instrumentvalg og det generelle stemningsbillede. Bruges bedst som stille baggrundsmusik i 20 minutter ad gangen.

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Music for Concentration / Tempo: 50-60 beats pr minut

Barokke mesterværker af Vivaldi, Salieri og Bach. Særligt bearbejdet med henblik på at understøtte et skarpt fokus og mental udholdenhed. Oplev forbedret organisering, klarhed og præcision i dine daglige opgaver.

TITLE	COMPOSER	MINUTES
1. Danse from "Tatare"	Francesco Salieri	[4:18]
2. Arioso	Johann Sebastian Bach	[5:55]
3. Andante from Violin Concerto, Opus 10, No. 5	Tomaso Albinoni	[5:51]
4. Largo from Concerto No. 3 for Two Violins	Johann Sebastian Bach	[6:52]
5. Largo from Violin Concerto, Opus 3, No. 6	Antonio Vivaldi	[3:00]
6. Largo from Flute Concerto in A Minor	Antonio Vivaldi	[4:07]
7. Adagio from Violin Concerto, Opus 12, No.1	Antonio Vivaldi	[5:25]
8. Andante from Violin Concerto, Opus 10, No. 2	Tomaso Albinoni	[3:17]
9. Larghetto from Conceto Grosso Opus 3, No. 8	Antonio Vivaldi	[4:54]
10. Largo from Concerto for Two Flutes, Opus 47, No. 2	Antonio Vivaldi	[3:27]
11. Air from the "Air and Giga"	Dr. Thomas Arne	[4:51]
12. Gigue from Orchestral Suite No. 3	Johann Sebastian Bach	[4:49]
TOTAL		[60:00]

Music for Thinking / Tempo: 50-60 beats pr minut

Med kompositioner af bl.a. Schubert, Beethoven og Brahms. Befordrende for udvidet opmærksomhed i forbindelse med logisk tænkning, brainstorming, skriveprocesser, organisering og strategiarbejde.

TITLE	COMPOSER	MINUTES
1. Adagio from Piano Concerto No. 5	Ludwig van Beethoven	[10:12]
2. Variations on Reverie	Claude Debussy	[4:00]
3. Test of the Heart	Richard Lawrence	[6:17]
4. Variations on Piano Concerto No. 5, Adagio	Ludwig van Beethoven	[1:33]
5. Variations on Piano Trio in Bb	Franz Schubert	[2:33]
6. Reverie	Claude Debussy	[7:02]
7. Andante, Piano Concerto No. 2	Johannes Brahms	[13:12]
8. Andante un poco mosso, Piano Trio in Bb	Franz Schubert	[7:42]
9. Meditation from "Thais"	Jules Massenet	[7:21]
TOTAL		[60:00]

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Music for Learning / Tempo: 50-60 beats pr minut

Kompositioner af Vivaldi, Corelli og Bach. Bl.a. velegnet som lydteppe til studieprocesser, udenadslære, strategiudvikling, skrive/kontorarbejde m.m.

TITLE	COMPOSER	MINUTES
PROGRAM #1 Bach/Vivaldi		
INTERLUDE 1 - Allegro assai from Violin Concerto No.2	Johann Sebastian Bach	[2:48]
INTERLUDE 2 - Largo from Viola d'Amore Concerto	Antonio Vivaldi	[1:30]
MOVEMENT 1 - Largo from Viola d'Amore Concerto	Antonio Vivaldi	[3:10]
INTERLUDE 3 - Largo from Viola d'Amore Concerto	Antonio Vivaldi	[0:55]
INTERLUDE 4 - Largo from Oboe Concerto in B Flat Major	Antonio Vivaldi	[1:17]
MOVEMENT 2 - Largo from Oboe Concerto in B Flat Major	Antonio Vivaldi	[2:55]
INTERLUDE 5 - Adagio from Violin Concerto Opus 12, No.1	Antonio Vivaldi	[4:16]
MOVEMENT 3 - Adagio from Violin Concerto Opus 12, No.1	Franz Schubert	[6:40]
INTERLUDE 6 - Nature	Jules Massenet	[1:15]
MOVEMENT 4 - Allegro assai from Violin Concerto No.2	Johann Sebastian Bach	[4:30]
	Arranged by R. Lawrence and J. Leeds	
PROGRAM #1 TOTAL		[29:26]
PROGRAM #2 Corelli		
INTERLUDE 1 - Pastorale from Concerto Grosso, Opus 6, No. 8		[2:14]
MOVEMENT 1 - Pastorale from Concerto Grosso, Opus 6, No. 8		[2:00]
INTERLUDE 2 - Pastorale from Concerto Grosso, Opus 6, No. 8 with Nature		[1:53]
MOVEMENT 2 - Adagio/Allegro/Adagio from Concerto Grosso, Opus 6, No. 7		[1:47]
INTERLUDE 3 - Thunder and Rain		[2:27]
MOVEMENT 3 - Andante/Largo from Concerto Grosso, Opus 6, No. 7		[3:00]
INTERLUDE 4 - Nature		[1:30]
MOVEMENT 4 - Adagio/Allegro/Adagio from Concerto Grosso, Opus 6, No. 8		[1:44]
INTERLUDE 5 - Nature		[0:52]
MOVEMENT 5 - Allegro/Adagio from Concerto Grosso, Opus 6, No. 7		[1:44]
INTERLUDE 6 - Pastorale from Concerto Grosso, Opus 6, No. 8 with Nature		[2:08]
MOVEMENT 6 - Pastorale from Concerto Grosso, Opus 6, No. 8		[6:10]
PROGRAM #2 TOTAL		[29:22]
TOTAL		[59:00]

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Music for Productivity / Tempo: 70-140 beats pr minut

Med kompositioner af bl.a. Mozart og Handel. Befordrende for performanceforbedringer, stemningsløft, organisering, skærpet årvågenhed, kontorarbejde og...huslige gøremål.

TITLE	COMPOSER	MINUTES
1. Divertimento #1 in D major K136 Presto	Wolfgang Mozart (Interlude & Theme)	[3:46]
2. Oboe Quartet in F major K370 Allegro	Wolfgang Mozart	[4:38]
3. Eine Kliene Nachtmusic K525 Romanza	Wolfgang Mozart	[3:19]
4. Divertimento #11 in D major K251 Andantino	Wolfgang Mozart	[3:08]
5. Quartet in D major K285 Rondo	Wolfgang Mozart (Interlude)	[3:14]
6. Water Music Coro	George Handel	[1:10]
7. Suite de Symphonies #1 Rondeau	Jean Mouret (Interlude & Theme)	[3:07]
8. Water Music Bourree & Hornpipe	George Handel	[2:35]
9. Clarinet Quintet in A major K581	Wolfgang Mozart	[5:57]
10. Flute Quartet in D major K285 Allegro	Wolfgang Mozart	[4:52]
11. Oboe Quartet in F major K370 Rondo	Wolfgang Mozart	[4:20]
12. Music for the Royal Fireworks La Rejouissance	George Handel	[2:15]
13. Divertimento #1 in D major K136 Andante	Wolfgang Mozart	[3:40]
14. Te Deum Prelude	Marc Charpentier	[1:45]
15. Rigaudon	Andre Campra	[1:32]
16. Flute Quartet in D major K285 Rondo	Wolfgang Mozart	[2:44]
17. Divertimento #1 in D major K136 Presto	Wolfgang Mozart	[2:09]
18. Eine Kliene Nachtmusic K525 Rondo	Wolfgang Mozart (Interlude & Theme)	[5:41]
TOTAL		[60:00]

Music for Inspiration / Tempo: 60-90 beats pr minut

Kompositioner af bl.a. Von Gluck, Mozart og Gershwin. Når der arbejdes med kunstneriske udtryksformer, kreativ tekstskrivning, "Stifinder"-processer, meditation og med at forbedre performance.

TITLE	COMPOSER	MINUTES
1. Andante from Piano Concerto #21	Wolfgang Mozart	[7:14]
2. Interlude from Ode To Joy (Ninth Symphony)	Ludwig van Beethoven	[1:00]
3. Dance of the Blessed Spirits	Christoph von Gluck	[1:58]
4. Melodie	Christoph von Gluck	[3:23]
5. Intermezzo from Cavalleria Rusticana	Pietro Mascagni	[3:25]
6. Interlude from Gymnopedie #1	Erik Satie	[1:54]
7. Lullaby	George Gershwin	[7:48]
8. Nocturne	Alexander Borodin	[6:23]
9. Adagio from Clarinet Concerto in A major K622	Wolfgang Mozart	[7:36]
10. Pieds-en-l'air	Peter Warlock	[2:32]
11. Interlude from Dance of the Blessed Spirits	Christoph von Gluck	[2:13]
12. Gymnopedie #1	Erik Satie	[3:24]
13. Interlude from Intermezzo	Pietro Mascagni	[2:11]
14. Allegretto from Serenade fro Strings	Edward Elgar	[2:34]
15. Interlude from Clarinet Concerto in A major K622	Wolfgang Mozart	[2:01]
16. Ode To Joy (Ninth Symphony)	Ludwig van Beethoven	[4:04]
TOTAL		[60:00]

Kendte klassiske kompositioner. Genindspillet og tilpasset ift. hastighed, instrumentvalg og det generelle stemningsbillede. Bruges bedst som stille baggrundsmusik i 20 minutter ad gangen.

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Music for Motivation / Tempo: 120-140 beats pr minut

Med musik af Mozart, Handel m.fl. Inspirerer til optimal performance, opgavefuldførelse, organisering, moralløft, handling og forøget energi.

TITLE	COMPOSER	MINUTES
1. Divertimento #1 in D major K136 Presto	Wolfgang Mozart (Interlude & Theme)	[3:46]
2. Oboe Quartet in F major K370 Allegro	Wolfgang Mozart	[4:38]
3. Eine Kliene Nachtmusic K525 Romanza	Wolfgang Mozart	[3:19]
4. Divertimento #11 in D major K251 Andantino	Wolfgang Mozart	[3:08]
5. Quartet in D major K285 Rondo	Wolfgang Mozart (Interlude)	[3:14]
6. Water Music Coro	George Handel	[1:10]
7. Suite de Symphonies #1 Rondeau	Jean Mouret (Interlude & Theme)	[3:07]
8. Water Music Bourree & Hornpipe	George Handel	[2:35]
9. Clarinet Quintet in A major K581	Wolfgang Mozart	[5:57]
10. Flute Quartet in D major K285 Allegro	Wolfgang Mozart	[4:52]
11. Oboe Quartet in F major K370 Rondo	Wolfgang Mozart	[4:20]
12. Music for the Royal Fireworks La Rejouissance	George Handel	[2:15]
13. Divertimento #1 in D major K136 Andante	Wolfgang Mozart	[3:40]
14. Te Deum Prelude	Marc Charpentier	[1:45]
15. Rigaudon	Andre Campra	[1:32]
16. Flute Quartet in D major K285 Rondo	Wolfgang Mozart	[2:44]
17. Divertimento #1 in D major K136 Presto	Wolfgang Mozart	[2:09]
18. Eine Kliene Nachtmusic K525 Rondo	Wolfgang Mozart (Interlude & Theme)	[5:41]
TOTAL		[60:00]

Maximum Focus / Tempo: 50-70 beats pr minut

Du får en blanding af Albinoni, Händel og Vivaldi. Sublime optagelser af en stribe barokke mesterværker danner et optimalt lyd miljø ift. præcis tænkning og afslappet årvågenhed.

TITLE	COMPOSER	MINUTES
1. Oboe Concerto #3 in G minor Largo	George Fredrick Handel	[2:30]
2. Concerto Grosso Op 10 #8 Largo	Tommaso Albinoni	[4:46]
3. Concerto Grosso Op 7 #3 Adagio	Tommaso Albinoni	[4:04]
4. Concerto Grosso Op 10 #11 Larghetto	Tommaso Albinoni	[2:49]
5. Concerto Grosso Op 10 #4 Andante	Tommaso Albinoni	[3:45]
6. Concerto Grosso Op 10 #7 Andante	Tommaso Albinoni	[4:03]
7. Flute Concerto in C RV 443 Largo	Antonio Vivaldi	[2:17]
8. Sinfonia in G Adagio	Tommaso Albinoni	[3:38]
9. Oboe Concerto Largo	Antonio Vivaldi	[4:09]
10. Concerto Oboe & Flute Op 9 #3 Adagio	Tommaso Albinoni	[4:31]
11. Oboe Concerto Larghetto cantabile	Antonio Vivaldi	[2:47]
12. La Paix from The Fireworks Largo alla Siciliana	George Frederick Handel	[3:44]
13. Pastorale from The Messiah	George Frederick Handel	[3:06]
14. Oboe Concerto in E flat Largo	George Frederick Handel	[2:57]
15. Concerto Grosso Op 7 #6 Adagio	Tommaso Albinoni	[2:58]
16. Concerto Grosso Op 10 #3 Adagio	Tommaso Albinoni	[3:15]
17. Oboe Concerto Op 9 #2 Adagio	Tommaso Albinoni	[5:00]
TOTAL		[60:23]

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Peak Performance / Tempo: 90-150 beats pr minut

Udnyt kraften i Mozarts musik til at generere høj produktivitet. Mozarts tidlige symfonier stimulerer kroppens energi, motiverer intellektet og giver et åndeligt "kick". Giver en lethed og lystbetonet tilgang til selv udfordrende opgaver.

TITLE	COMPOSER	MINUTES
1. Symphony K96 1st mvt	Wolfgang Amadeus Mozart	[4:02]
2. Horn Quintet K407 Allegro	Wolfgang Amadeus Mozart	[3:52]
3. Divertimento K289 Presto	Wolfgang Amadeus Mozart	[4:53]
4. Symphony K18 3rd mvt	Wolfgang Amadeus Mozart	[4:17]
5. Symphony K81 1st mvt	Wolfgang Amadeus Mozart	[3:01]
6. Symphony K95 4th mvt	Wolfgang Amadeus Mozart	[1:45]
7. Symphony K45 4th mvt	Wolfgang Amadeus Mozart	[3:00]
8. Symphony K110 4th mvt	Wolfgang Amadeus Mozart	[2:15]
9. Divertimento K240 Allegro	Wolfgang Amadeus Mozart	[2:17]
10. Divertimento K240 Minuet	Wolfgang Amadeus Mozart	[2:10]
11. Symphony K112 4th mvt	Wolfgang Amadeus Mozart	[2:42]
12. Symphony K130 4th mvt	Wolfgang Amadeus Mozart	[5:47]
13. Divertimento K213 Allegro	Wolfgang Amadeus Mozart	[4:35]
14. Divertimento K213 Minuet	Wolfgang Amadeus Mozart	[2:14]
15. Symphony K97 1st mvt	Wolfgang Amadeus Mozart	[5:11]
16. Symphony K19 1st mvt	Wolfgang Amadeus Mozart	[4:45]
17. Symphony K74 4th mvt	Wolfgang Amadeus Mozart	[3:31]
TOTAL		[60:10]



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ift. hastighed, instrumentvalg og det generelle stemningsbillede.
Bruges bedst som stille baggrundsmusik i 20 minutter ad gangen.**