

CLASSICAL CHAMOMILE



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WARNING: STRONG RELAXANT – highly likely to cause feelings of peace and serene tranquility.

Indications/applications:

If life's little (or big) problems have you overstressed, jumpy, strung out and prone to panic attacks – it's Delos to the rescue!

Therapeutic benefits:

General tension banisher, anxiety soother, stress reducer, serenity producer, and sleep inducer. Promotes mellow moods and relaxed frames of mind – also feelings of well-being and inner harmony. Particularly effective for manic personalities, workaholics and nervous wrecks. Idyllic antidote for accidental overindulgence in Delos' *Classical Caffeine* album (DE 1628).

(IN)Active ingredients:

Contains cool, calm and sweetly laid-back music by Bach, Mozart, Dvorak, Debussy, Hovhanness, and other tunesmiths who knew how to make therapy of their art.

Side effects:

May induce helplessly beatific (or even goofy) smiles and audible sighs. Strong risk of idyllic distraction, to include (but not limited to) helpless daydreams, ecstatic fantasies, and strong urges to indulge in a siesta.

Recommended dosage:

Administer as often as needed and at any time of day (or night) to patients of all ages: babies, children, adults or seniors; anybody who could use some chilling out ... especially effective at bedtime (or naptime). Overdose impossible.

Expiration date:

None; great music lasts forever.

Cost per dose:

Expense diminishes with frequent use; you'll never need a refill.

DE 1629



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1. Mozart: Divertimento No. 1, K. 136, *Andante*
Constantine Orbelian, conductor; Moscow Chamber Orchestra (6:24)
2. Vivaldi: The Four Seasons: *Winter*, Largo
Elmar Oliveira, violin; Gerard Schwarz, conductor; Los Angeles Chamber Orchestra (2:14)
3. Bach: Sheep May Safely Graze from Cantata No. 208, arr. L. Stokowski
Constantine Orbelian, conductor; Moscow Chamber Orchestra (4:44)
4. Bach: Air on the G String from Orchestral Suite No. 3, BWV 1068, arr. Aldo Parisot
The Yale Cellos; Aldo Parisot, conductor (4:56)
5. Mozart: Divertimento No. 3, K. 138, *Andante*
Constantine Orbelian, conductor; Moscow Chamber Orchestra (6:12)
6. Dvorak: Silent Woods (*Waldesruhe*)
Douglas Davis, cello; Gerard Schwarz, conductor; Los Angeles Chamber Orchestra (5:53)
7. Hovhanness: Bagatelle, Op. 30. No. 1
Shanghai Quartet (2:06)
8. Saint-Saëns: The Swan (*Le cygne*)
Zuill Bailey, cello; David Wiley, conductor; Roanoke Symphony Orchestra (2:56)
9. Debussy: Clair de lune (*Moonlight*)
Carol Rosenberger, piano (5:47)
10. Brahms: May Night (*Die Mainacht*)
Tatiana Zavorskaya, cello; Yevgeni Talisman, piano (2:60)

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| 11. Brahms: Intermezzo, Op. 117 No. 1
Carol Rosenberger, piano | (5:47) |
| 12. Brahms: We Strolled (<i>Wir Wandelten</i>)
Oleg Sergeev, flute; Illona Nokkilainen, harp | (2:24) |
| 13. Brahms: Song of the Larks (<i>Lerchengesang</i>)
Oleg Sergeev, flute; Illona Nokkilainen, harp | (2:01) |
| 14. Ravel: Pavane of Sleeping Beauty (<i>Pavane de la Belle au bois dormant</i>)
Paul Galbraith, guitar | (1:34) |
| 15. Debussy: The Girl with the Flaxen Hair (<i>La fille aux cheveux de lin</i>)
Paul Galbraith, guitar | (2:33) |
| 16. Debussy: Album Leaf (<i>Page d'album</i>)
Paul Galbraith, guitar | (1:39) |
| 17. Debussy: Heather (<i>Bruyères</i>)
Carol Rosenberger, piano | (3:30) |
| 18. Debussy: Reverie (<i>Réverie</i>)
Carol Rosenberger, piano | (4:39) |

TOTAL PLAYING TIME: 68:55

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NOTES ON THE PROGRAM

WARNING: STRONG RELAXANT – highly likely to cause feelings of peace and serene tranquility. Contains Mozart, Vivaldi, Bach, Dvorak, Hovhaness, Saint-Saëns, Debussy, Brahms and Ravel.

Uptight? Overstressed? Strung out? Has life's daily grind ground you down? Has the rat race's *presto agitato* pace left you exhausted or in a panic? Have medical options – like tranquilizers – turned you into a zoned-out zombie?

It sounds like Delos' **Classical Chamomile** is what you need! Just as a cup of hot herbal tea will soothe your physical senses at sleepytime, our collection of musical medication is a sure-fire, time-tested way to soothe soul and psyche alike, promote inner harmony and marshal mellow moods. There's one thing that almost every great classical composer understood: the therapeutic value of their creative craft.

So next time you come home after a long, hard day – feeling like you want to beat your head against the wall – beat a path instead to your favorite listening device and get ready for a liberal dose of **Classical Chamomile**. Just sit back ... close your eyes ... take a deep breath ... and let the laid-back strains of some of the world's most idyllic and relaxing music wash away your cares and woes.

Some have the idea that the great Baroque and Classical-era masters – like J. S. Bach or W. A. Mozart – are stuffy or serious. But we at Delos double-dare any uptight listener to resist the soothing strains of Bach's *Sheep may Safely Graze* (track 3) or his *Air on the G-string* (tr 4). Likewise for the subdued "Largo" movement of Antonio Vivaldi's *Winter* concerto (tr 2), or any of Mozart's deliciously gracious slow movements: like those heard here from his delightful *Divertimentos* (trs 1 and 5).

Nobody can beat the great Romantics when it comes to music of the heart – but there's a soft and fuzzy side to musical romance that can calm the deepest fears and help you forget your troubles. And few tunesmiths of the day could top Antonin Dvořák for melodies that not only melt the hardest hearts, but alleviate the thorniest anxieties, too; just give his pastorally peaceful *Silent Woods* (tr 6) a try. Even the often brawny music of Johannes Brahms gives way to his penchant for lovely and lyrical utterances of incredible sweetness and comfort. We defy you to listen to his *May Night*, Op. 117/1, *Intermezzo*, *We Strolled*, and *Song of the Larks* (trs 10 – 13) back-to-back, and NOT feel better. Then there's Camille Saint-Saëns' smoothly flowing *The Swan* (tr 8) – it's guaranteed to glide you away to a better place!

But with the dawning of the 20th century and French Impressionism came Claude Debussy, whose revolutionary harmonic language and magical tone-painting techniques made him perhaps the most serenely soothing, mellowest master of them all. The five pieces from him heard here – *Clair de Lune* (tr 9), *The Girl with the Flaxen Hair*, *Album Leaf*, *Heather* and *Reverie* (trs. 15-18) are sure to leave you in a blissful trance. Debussy's contemporary and fellow Impressionist Maurice Ravel will likewise make you forget the world and its problems with his *Pavane de la Belle au bois dormant*. Representing the mid-20th-century, the sweetly pentatonic melody of Alan Hovhaness' *Bagatelle*, Op. 30/1 (tr.7) will both charm and disarm you.

-Lindsay Koob





Executive Producer: Carol Rosenberger
Booklet Editor: Lindsay Koob • Mastering: Matthew Snyder

RECORDING CREDITS FOR ORIGINAL TRACKS

Delos Executive Producer: Amelia S. Haygood

Recording Producer: Ramiro Belgardt (tracks 1, 5); Joanna Nickrenz (tracks 2, 6); Carol Rosenberger (tracks 3, 7, 10, 12, 13); Thomas Frost (track 4); Adam Abeshouse (track 8); Bejun Mehta (tracks 9, 17, 18); Adam Stern (track 11); Chris Landen (tracks 14, 15, 16).

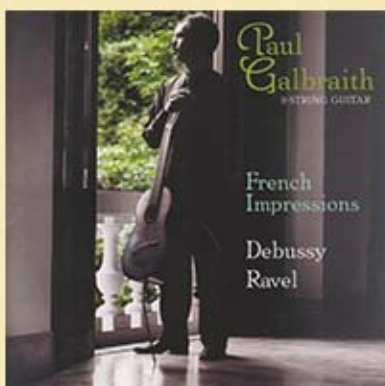
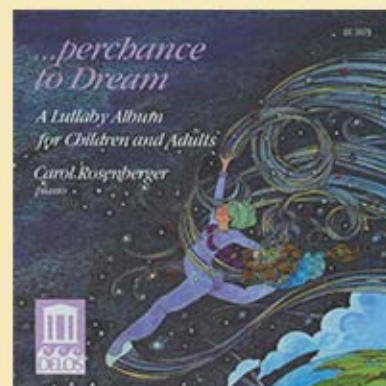
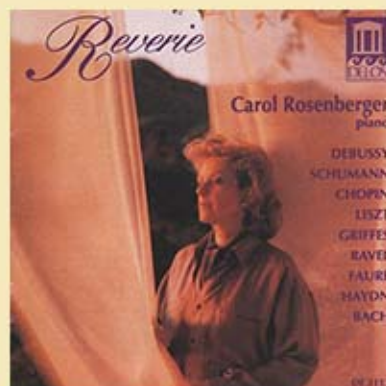
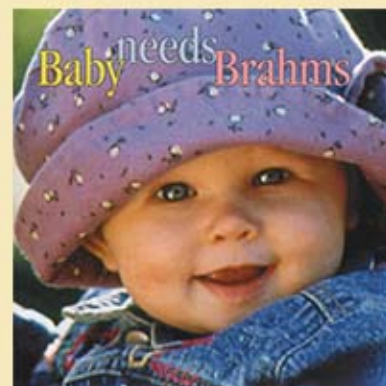
Recording Engineer: John Eargle (tracks 1, 5, 7, 9, 11, 17, 18); Marc Aubort (tracks 2, 6); Jeff Mee (tracks 3, 10, 12, 13); Eugene Kimball (track 4); Adam Abeshouse (track 8); Andrés Villalta (tracks 14, 15, 16).

Recorded: First Congregational Church, Los Angeles (Tracks 1, 5, 7, 9, 17, 18); Bridges Auditorium, Claremont, California (tracks 2, 6); Chapel of St. Anthony's Seminary, Santa Barbara, CA (tracks 14, 15, 16); Sprague Hall, Yale University (track 4); Roanoke Performing Arts Theatre (track 8); Great Hall of the Moscow Conservatory, Moscow (tracks 3, 10, 12, 13).

Cover design: Marc Ikeda

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CLASSICAL CHAMOMILE TRACKS ORIGINALLY FROM THESE CDS:

DE 3378 ZUILL BAILEY IN CONCERT • DE 3378 NIGHT MOODS

DE 1613 BABY NEEDS BACH • DE 1618 BABY NEED BRAHMS

DE 3007 VIVALDI: THE FOUR SEASONS

DE 3011 DVORAK: SERENADE, NOTTURNO, WALDESRUHE

DE 3041 THE YALE CELLOS, BACH BACHIANAS • DE 3113 REVERIE

DE 3079 ...PERCHANCE TO DREAM • DE 3162 SPIRIT MURMUR

DE 3250 FRENCH IMPRESSIONS • DE 3243 MOZART ADAGIOS

