

MUSIC TO HELP YOU RELAX

Music can help you relax, especially classical music.
Below are some pieces of music in the Top 10 list of calming music.
By clicking on the links, you will be directed to YouTube.
Choose the music that helps you relax by letting yourself be carried away by the sounds.

Arvo Pärt

Slow down with the touching sounds of Spiegel im Spiegel.
<https://www.youtube.com/watch?v=FZe3mXlnfNc>



Saint-Saëns

Let yourself be carried away on the wings of The Swan from The Carnival of the Animals.
<https://www.youtube.com/watch?v=eo2y23NVOg8>



Marconi Union and Lyz Cooper

According to scientists, Weightless is the most relaxing music ever.
<https://www.youtube.com/watch?v=UfcAVEjsrU>



Max Richter

Dream away with the deep sounds of Max Richter's Dream 13 (Minus Even).
<https://www.youtube.com/watch?v=8dvpT0hAOLk>



Ólafur Arnalds

Listen to Dalur by Ólafur Arnalds and imagine that you're in serene Iceland.
https://www.youtube.com/watch?v=fpohMi_0ZL4



Joep Beving

This musician, Joep Beving, soothes his inner unrest with this piece, For Mark.
<https://www.youtube.com/watch?v=ZVzdfd0u1XU>



Philip Glass

The repetitive nature of Étude No. 5 by Philip Glass makes this music almost meditative.
<https://www.youtube.com/watch?v=3y4pIYV6yh0>



Ola Gjeilo

Ola Gjeilo takes you on a journey through the Norwegian mountains in Tundra.
https://www.youtube.com/watch?v=Rn_JxxDAr5A

