**Music for mindfulness**

Home Away From Home – James Galway

Cariad – Claire Jones

White Whale Chant theme from Heart of the Sea

Humming Chorus – Puccini from Madame Butterfly

Bring Him home – Piano Guys

Thousand Years – Piano Guys

I Giorno – Einaudi

The Seal Lullaby – Eric Whitacre

The Swan – Aquarelle Quartet (not Saint Saens)

O Mio Babbino Caro– Claire Jones

Find out more at [www.openmindsuk.org.uk](http://www.openmindsuk.org.uk)