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Tue Sep 19 10:36 AM
Matthew's Yoga Music • MattJo
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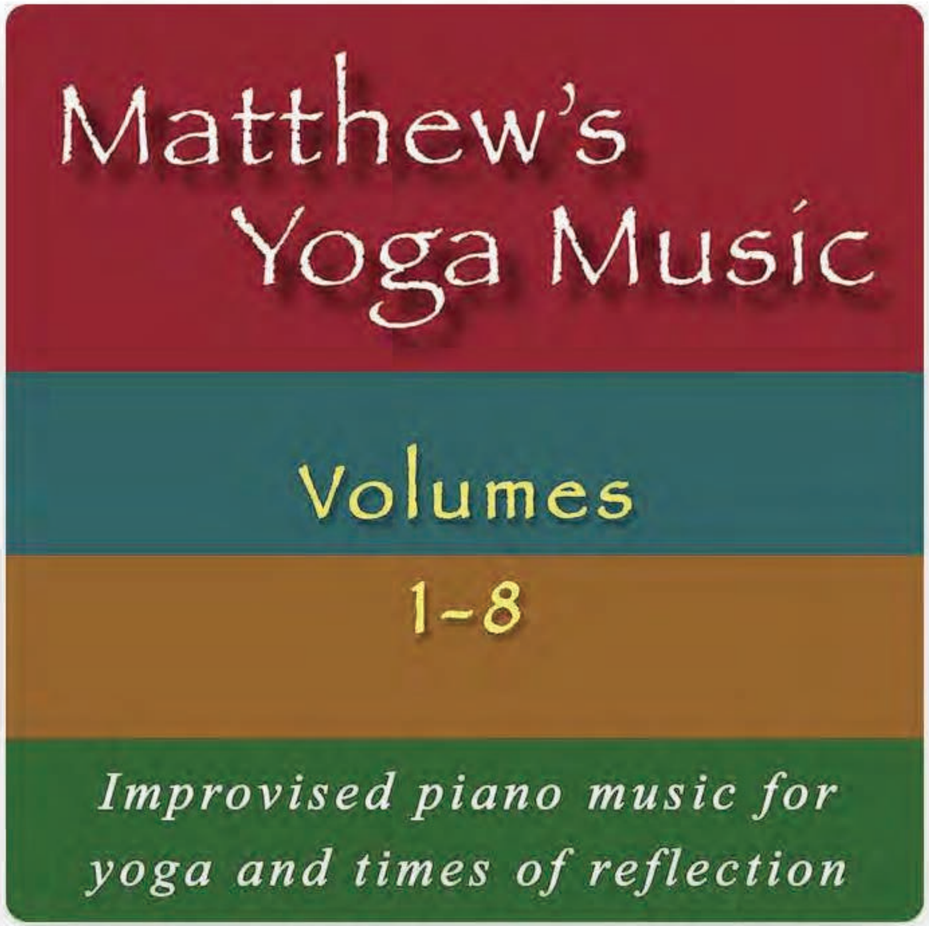
This project features 8 hours of **improvised piano music** in 8 volumes.

Each volume contains 60 minutes of music for
your yoga practice or personal times of reflection.

"When I sat at the piano to create these pieces, an improvisational musical picture emerged. It was intriguing to hear the initial themes unfold into melodic and rhythmic variations throughout those captured 'moments in time.'

These are the musical moments I offer...for your yoga practice, for massage therapy or for your own personal times of reflection and contemplation."

Namaste,
Matt



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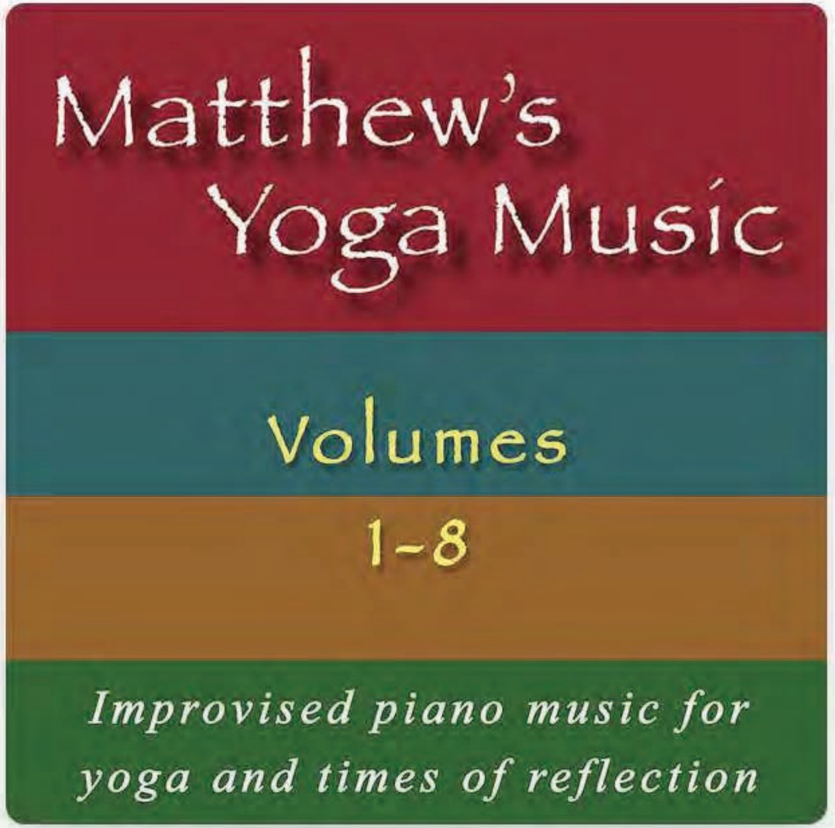
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"When I sat at the piano to create these pieces, an improvisational musical picture emerged. It was intriguing to hear the initial themes unfold into melodic and rhythmic variations throughout those captured 'moments in time.'

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Namaste,
Matt



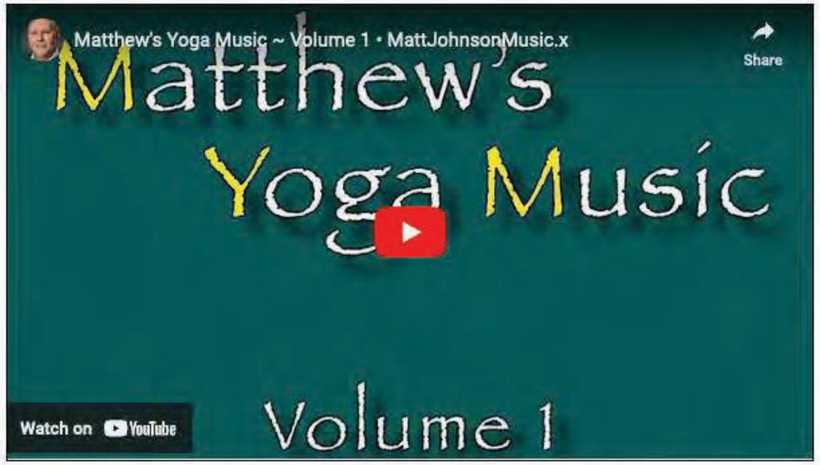
Volume 1 Volume 2 Volume 3 Volume 4 Volume 5 Volume 6 Volume 7 Volume 8

Listen below and download the audio/video files via IPFS CIDs provided.

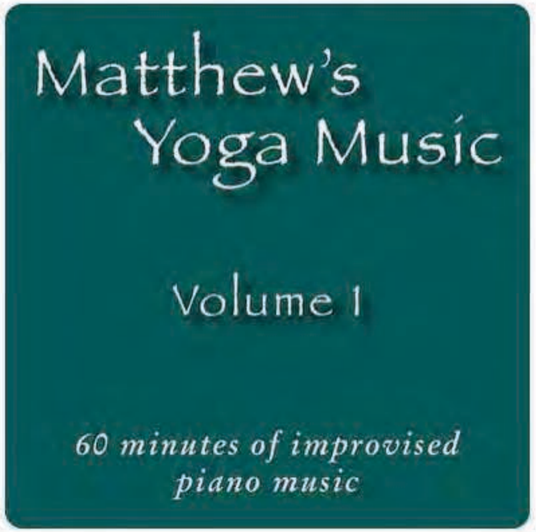
Volume 1

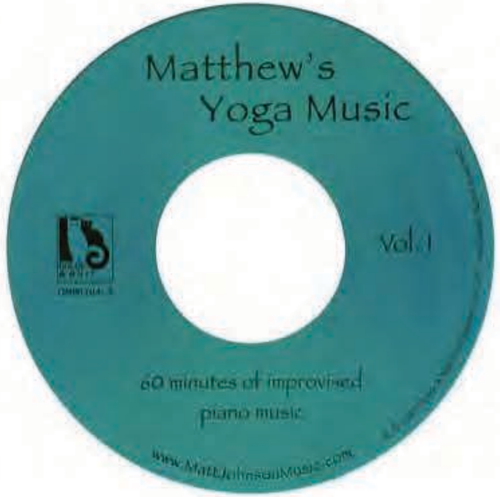
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Volume 1



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Matthew's Yoga Music 101

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REVIEW ~ Volume 1

Album Review: **Matthew's Yoga Music, Volume 1**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 1 is the first of an eight-volume series of one hour recordings of improvised piano music intended for yoga practice, massage therapy and/or "your own personal times of reflection and contemplation." I've listened to and reviewed the full series, and I can add that each album is also well-suited to a work environment or as background music for a variety of activities, and that the music is often melodic and substantial enough for more focused listening.

All eight volumes feature solo piano and harmony ball texture, a lovely ambient sound that's much like delicate wind chimes. Each album is made up of four 15-minute segments and each is a bit different from the others in mood and/or intensity. Quite a few of the segments have pauses in the music that allow yoga instructors to speak (if desired). The harmony ball texture sound continues in those passages, keeping the flow and continuity of the music (and reducing the need to look at the clock!).

A real bonus is that Matt Johnson offers all of his recordings and sheet music as free downloads from his website, so it won't cost you anything to give it a try!

Track 1 is actually quite dramatic in sections. It begins with the light tinkling of the "wind chimes" before the piano enters with a gentle flourish. The first theme is very peaceful with a steady tempo and a beautiful, serene melody. Very gradually, Johnson adds more intensity, rhythm and depth to the piece, creating a lovely ebb and flow that continues through the first half of the track. The middle of the piece is actually very quiet and then switches gears a bit to become darker and more pensive before returning to a more passionate first theme. **I really like this one!**

Track 2 again opens with the "wind chimes." When the piano begins, it is very free and ambient, moving at a relaxed, flowing tempo. About five minutes in, the tempo evens out and the piece becomes more melodic and melancholy. As it evolves, the piece is sometimes free and spontaneous and sometimes more structured, staying on the poignant side throughout. **I really like this one, too!**

Track 3 is very open and easy-going with a simple thematic phrase that weaves in and out. At about nine minutes, the tone darkens as the rhythm becomes steadier, creating feelings of mystery and movement. Very beautiful!

Track 4 is the smoothest and most melodic of the four segments. An assortments of moods are expressed, but this one doesn't get as intense or dramatic as the other three until the last minutes or so of the track.

Matthew's Yoga Music is a fascinating series! As I mentioned, you can download all of Matt Johnson's recordings and sheet music from www.MattJohnsonMusic.com for free (or a donation). It is also available for sale on Amazon, iTunes and CD Baby.

TDP

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Volume 2



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Matthew's Yoga Music • Matt
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REVIEW ~ Volume 2

Album Review: **Matthew's Yoga Music, Volume 2**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 2 is part of an eight-volume series of improvised piano albums intended for yoga practice, massage therapy and/or "your own personal times of reflection and contemplation." The only addition to the (digital) piano is "harmony ball texture," which sounds very much like gently-tinkling wind chimes and adds a soft, atmospheric touch to the music. Although this series of albums was designed for specific purposes, the music is very well-suited for relaxation and soothing background music as well as more focused listening. Some of the albums have a number of open spaces in the music to allow yoga instructors to speak, and this one has a few, but not many and they are brief.

As is true of all eight volumes in the series, Volume 2 consists of four 15-minute segments. Some segments are more dramatic than others and some are quiet and peaceful, making each track suitable for a slightly different focus or mood. Matt Johnson offers all of his recordings and sheet music as free downloads from his website, so it won't cost you a penny to give it a listen! I don't think you'll be disappointed!

Track 1 begins with a very hushed, mysterious tone that becomes more poignant as it evolves. Overall, this segment is very peaceful and somewhat melancholy. Some passages are on the ambient side, but there is a lovely melodic theme that runs through the piece.

Track 2 has a very dreamy and wistful "call and response" first movement that becomes more vibrant as it opens up. The beautiful melody wanders freely and almost conversationally, telling a heartfelt story as if to a close friend.

Track 3 beings with a simple minor key intro that becomes one of the darker themes on the album. Very meditative and introspective, it seems to be focusing on loss or disappointment without brooding or feeling anger.

Track 4 is much lighter and brighter—the sun peeking out from behind a cloud after a rainstorm. This segment has a peaceful flow while expressing feelings of hope and inner calm from the beginning to the end.

Matthew's Yoga Music is a fascinating series! It is available for free from www.MattJohnsonMusic.com and to buy on Amazon, iTunes and CD Baby.

TOP

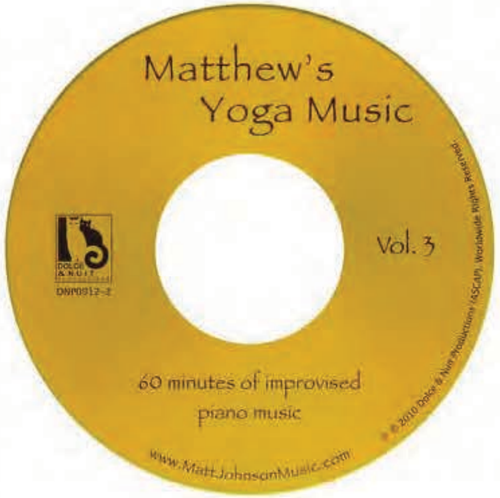
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Volume 3



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Matthew's Yoga Music 309

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REVIEW ~ Volume 3

Album Review: **Matthew's Yoga Music, Volume 3**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 3 is part of an eight-volume set of albums of improvised piano music by Matt Johnson. In addition to yoga, the music is intended for massage therapy and/or "your own personal times of reflection and contemplation." The music also easily slips into the background to enhance other quiet activities and most of it is complex enough for more focused listening. Each of the four 15-minute tracks has open spaces within the music for yoga instructors to speak and that also allow the music to "breathe." "Harmony ball texture," which sounds like light wind chimes, plays behind the piano music, adding a relaxing atmospheric effect as well as continuity in those open spaces in the music.

Matt Johnson is a classically-trained pianist, church musician and teacher who has performed in many venues internationally. His original music is a unique blend of contemporary jazz, new age, popular and classical elements, and he offers his recordings and sheet music as free downloads from his website (www.MattJohnsonMusic.com).

Track 1 of the album is very open and spare - almost ambient. It becomes somewhat more melodic later in the track, but maintains a dreamy, relaxed mood throughout. I would think this track would be an excellent sleep aid since it is so peaceful and soothing.

Track 2 is also on the minimal, quiet side, but is a little darker and more mysterious. In some parts of the music, it seems to be questioning and looking for answers, so this one is especially well-suited to reflection and deep thinking.

Track 3 is quite a bit more dramatic and has passages that are more structured and phrases that have a gospel feel to them.

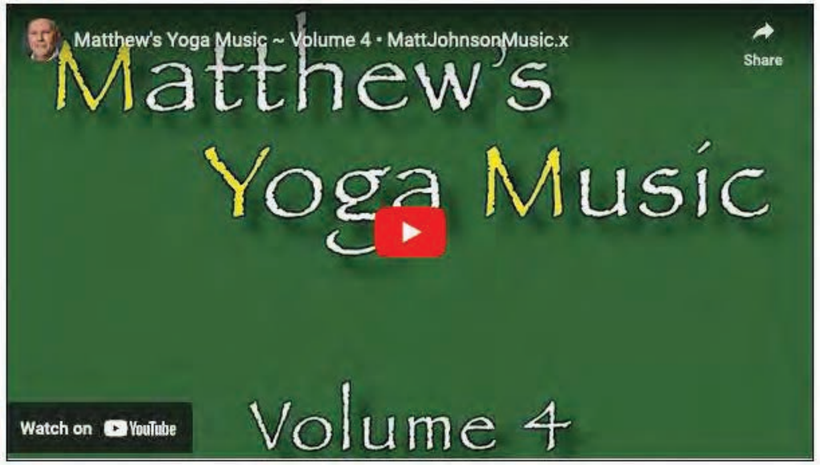
Track 4 is also dramatic with powerful segments that are sometimes on the darker, more mysterious side. Beautifully introspective passages are interspersed with the "bigger" passages to create an expressive, fascinating piece.

Matthew's Yoga Music is a very effective and emotionally varied series of albums whether you use it for yoga or not. In addition to the downloads from Johnson's website, his music is available for sale on Amazon, iTunes and CD Baby.

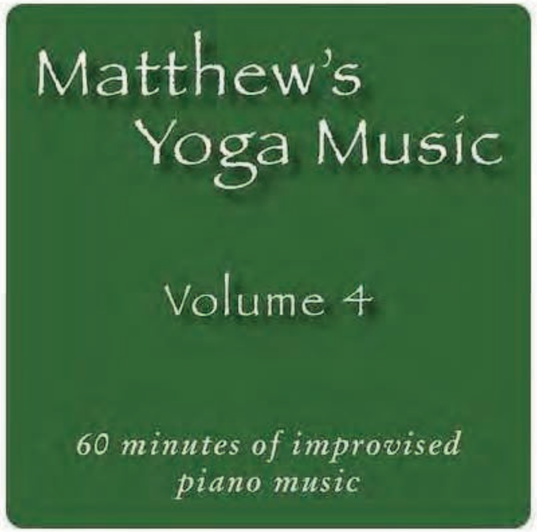
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Volume 4



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0:00 / 15:00

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2010 ALBUM
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Matthew's Yoga Music • Matt
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REVIEW ~ Volume 4

Album Review: **Matthew's Yoga Music, Volume 4**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 4 is part of an eight-volume series of piano improvisations by Matt Johnson that is geared toward yoga, massage therapy, and/or "your own personal times of reflection and contemplation." Each volume consists of four 15-minute segments, most of which are complex enough for focused listening as well as for background music and the purposes previously listed. The only sound added to the piano is "harmony ball texture," which sounds like delicate wind chimes or tiny bells and creates a relaxing atmospheric effect as well as continuity when there are pauses in the music intended for yoga instructors to speak. My first impression of "yoga music" was that it would be mostly ambient, floaty and ethereal, but a variety of moods are expressed on each album and none of the albums sound like the others in the series (other than they are recorded with piano and harmony ball texture).

Matt Johnson is a classically-trained pianist who earned his Bachelor of Music degree in Piano Performance from Oklahoma Baptist University. As a graduate student at New England Conservatory of Music, he moved toward composition and received his Master of Music degree in Jazz Studies and Composition with a Distinction in Performance. He has performed extensively from Boston to Brazil and calls his original music "Neo-Romantic," employing a unique blend of contemporary jazz, new age, popular and classical elements. He offers all of his music as free downloads from www.MattJohnsonMusic.com. Johnson is also a piano/music teacher and a church musician.

Track 1 on Matthew's Yoga Music, Volume 4 begins with the harmony bell texture before the piano enters. This track is made up of interesting piano phrases of varying lengths followed by several seconds of the "wind chimes" tinkling quietly in the background. Some of the music gives the feeling of moving forward while other passages are more soothing and contemplative.

Track 2 begins with a rhythmic pattern in the bass of the piano and a phrase on the right hand that evolves through a series of variations throughout the track.

Track 3 is also built around a series of variations on a theme that have quiet pauses between them. Some of the variations have more momentum than others, but most are reflective and calm.

Track 4 is the most emotional of the four tracks. Darker and more intense, it also has many open spaces between phrases of the music, which diffuses the emotional impact somewhat, but not in a negative way. The last segment of the piece is very dramatic and should bring you back into focus.

As I mentioned before, Matt Johnson offers all of his recordings and sheet music as free downloads from his website, www.MattJohnsonMusic.com. The recordings can also be purchased from Amazon, iTunes and CD Baby.

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Volume 5



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Matthew's Yoga Music 517

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0:00 / 15:00

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REVIEW ~ Volume 5

Album Review: **Matthew's Yoga Music, Volume 5**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 5 is the fifth of an eight-volume set of improvised piano music intended for yoga, massage therapy, and/or "your own personal times of reflection and contemplation." Each album consists of four 15-minute segments that are different enough for focused listening as well as for background music and the activities listed above. Each segment has its own kind of energy, making each track and each album unique. The only sound added to the piano is "harmony ball texture," which is very similar to light wind chimes or tiny bells. This sound has been more prominent in the other volumes I've reviewed so far, but is featured in all of the tracks and creates a soothing, relaxing effect. All four of the pieces on Volume 5 have frequent short breaks in the music that are intended for yoga instructors to use, and the light chime sounds provide continuity as part of the music in those open spaces.

Track one suggests the feeling of moving forward with a sense of purpose. It has a strong energy and is dramatic and powerful in places. There are quite a few quiet passages in this piece, allowing for variations in the themes and changes of mood. The main theme, which is introduced at the beginning of the segment, weaves in and out of the full length of the piece.

Track two is much quieter and more meditative. It begins with a series of short musical phrases that are followed by open spaces of a few seconds (and the sound of the harmony ball texture). As the piece evolves, several of these phrases get longer in duration and are quite melodic as well as deeply emotional.

Track three follows a similar format, but is somewhat more energetic. This one is kind of broken up for listening to attentively, but there is plenty of opportunity for yoga instructors to talk!

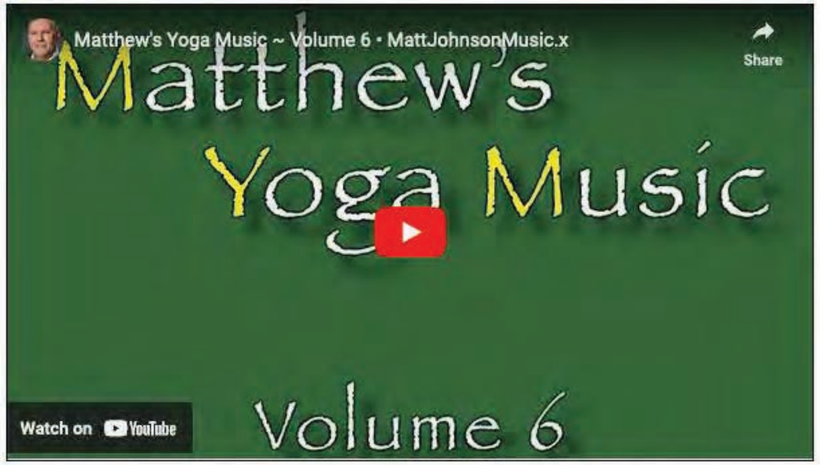
The last segment is darker and more melancholy and is often quite dramatic. Melodic in some passages and ambient in others, it's an interesting and affecting piece.

Matt Johnson offers all of his recordings and sheet music as free downloads on his website. The recordings are also for sale on Amazon, iTunes and CD Baby.

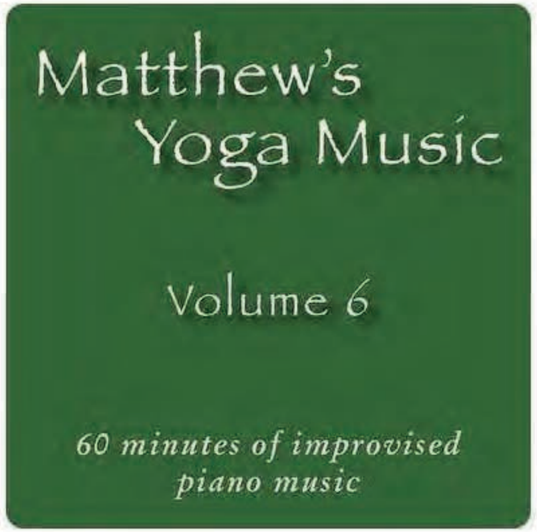
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Volume 6



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REVIEW ~ Volume 6

Album Review: **Matthew's Yoga Music, Volume 6**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 6 is part of an eight-volume series of albums, each with one hour of improvised piano music intended for yoga, massage therapy, or "for your own personal times of reflection and contemplation." Because this is music with a lot of substance, it is also perfectly suited to listening for pleasure either with full attention or as background music. The only sound that was added to the piano is "harmony ball texture" which sounds like very light and delicate wind chimes or tiny bells, adding to the soothing nature of the music. Like the other volumes in the series, the album consists of four 15-minute segments, all of which are quite different from each other. On this album, there are lots of open spaces in the music that allow yoga instructors to speak; it also gives the music room to "breathe" when it isn't being used for yoga. The harmony bell texture continues in these open spaces, almost like a breath of fresh air.

The first track on Matthew's Yoga Music, Volume 6 is quite dark and spacious with open space between short passages and chords in the deep bass of the piano. The harmony ball texture provides continuity and also lightens the sound quite a bit. It's a very beautiful and evocative piece of music.

Track 2 is much lighter and more melodic with a steady rhythm and relaxed tempo. Near the middle of the piece, the left hand continues its pattern of chords while the right hand becomes quite a bit more animated - an interesting contrast in styles.

Track 3 returns to a more somber mood with many open spaces in the music. Quite dramatic as well as emotional, this is my favorite of the four segments.

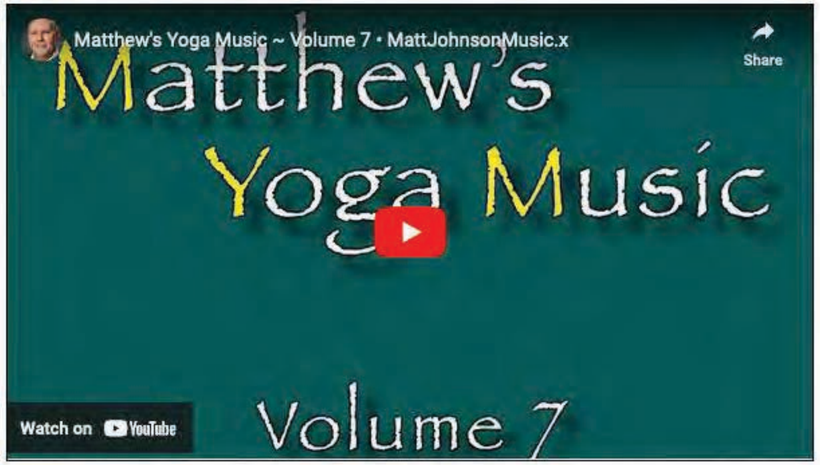
Track 4 is lighter as well as more peaceful and hopeful. The frequent notes in the deep bass of the piano give the piece more weight while the quiet of the gently "tinkling" wind chimes balances it with feelings of serenity. I really like this one, too!

Matt Johnson has created a fascinating series with his Yoga Music, music that can be utilized in many ways. The whole series is available as free downloads from MattJohnsonMusic.com and can be purchased from Amazon, iTunes and CD Baby.

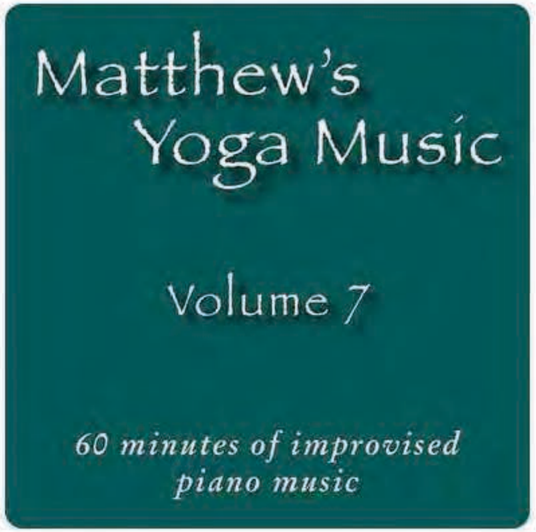
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Volume 7



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Matthew's Yoga Music 728

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REVIEW ~ Volume 7

Album Review: **Matthew's Yoga Music, Volume 7**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 7 is the seventh of an eight-part series of 60-minute albums of piano improvisations by Matt Johnson. Originally released in 2010, the album is made up of four 15-minute segments that were intended for yoga, massage therapy or "for your own personal times of reflection and contemplation." While the music is relaxing and very pleasant to listen to, it has powerful passages and plenty of substance, making it very suitable for simple listening pleasure or background music as well. Sometimes "music with a purpose" can be hard to listen to with full attention, but that is not at all the case with Johnson's series. The music was created on a piano and utilizes "harmony ball texture," which sounds like very delicate wind chimes, adding a sparkling sound to the music. Each of the four segments is distinctive and individual, and the album plays beautifully from start to finish.

All four improvisations begin with the sound of the harmony ball texture before the piano enters - a gentle, "twinkling" prelude of sorts.

Track 1 has a peaceful, reflective feeling occasionally punctuated with notes in the deep bass of the piano. Over the course of the fifteen minutes, some passages are quite dramatic while others are quieter and more subdued. **I really like this one!**

Track 2 is a bit darker and more mysterious, and is emotionally powerful throughout. There are occasional pauses in the music that allow it to take a breath while the sound of the light wind chimes continues.

Track 3 is much lighter and feels kind of like the dawn of a new day - fresh and full of promise. It expresses feelings that are warm, peaceful and serene and is beautiful from the first note to the last!

Track 4 has a slightly Asian flavor and most of the piece is very relaxed and soothing. Some passages have short bursts of energy and drama, but the piece is mostly smooth, open and contemplative.

This is a fascinating series of albums and Matt Johnson offers all of his recorded music as free downloads from his website (www.mattjohnsonmusic.com). It is also available for sale on Amazon, iTunes and CD Baby. Check it out!

TOP

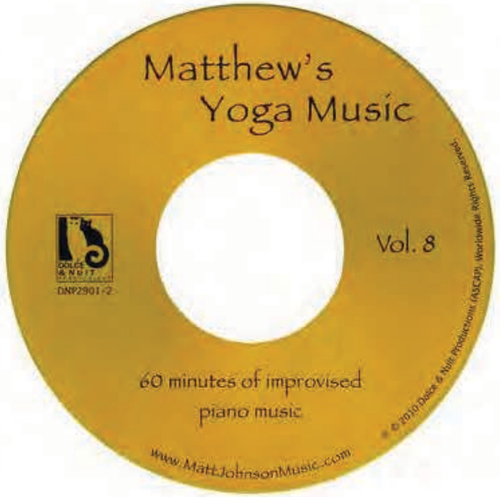
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Matthew's Yoga Music • MattJo
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Volume 8



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Matthew's Yoga Music 829

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Matthew's Yoga Music 831

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2010 ALBUM
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REVIEW ~ Volume 8

Album Review: **Matthew's Yoga Music, Volume 8**
Matt Johnson2010 / Dolce & Nuit Productions
60 minutes

Review by Kathy Parsons
www.MainlyPiano.com

Matthew's Yoga Music, Volume 8 is the last volume in a series of albums by pianist/composer Matt Johnson that feature 60 minutes of improvised piano music. This album is solo piano plus the occasional sounds of "harmony ball texture" (which sounds like delicate wind chimes) and is intended for yoga practice, massage therapy, "or for your own personal times of reflection & contemplation."

I usually think of yoga music as being ethereal and ambient, which this music is not (mostly). While it is often quiet and contemplative, Johnson's music also has plenty of substance, melody, and emotional expression. So, I would add that the album is also very suitable for pure listening enjoyment.

The album is divided into four 15-minute segments and each is distinctive in its own way. Matt Johnson offers all of his recorded music as free downloads from his website (www.mattjohnsonmusic.com), so you can try it out risk-free!

The album's first segment begins with the sound of what could be light wind chimes tinkling in a gentle breeze. The piano comes in shortly with a very open, simple intro that leads into a series of somewhat more complex themes that flow from one to the next without breaking the serene mood.

The second segment also begins with the sparkling chimes before the piano enters with a series of chords that travel freely up and down the piano keyboard, often with open spaces between the passages.

The third segment is my **favorite**. More melodic, mysterious and dramatic, I find this one hauntingly beautiful and easy to get lost in. The last few minutes are powerful and give the closing moments a feeling of triumph before quieting at the end.

The fourth segment is also melodic and colorful with a steady, flowing quality. Warm as well as reflective, it seems to look inward - especially in the middle section - calming and soothing as it goes. During the last few minutes, the piece becomes more intense and passionate but is always very beautiful as well as inspiring.

I'm very much looking forward to reviewing the rest of this series (I'm working from the last volume to the first) by Matt Johnson. As I mentioned earlier, all of Johnson's recordings are available as free downloads from his website, and they are also available for sale on Amazon, iTunes and CD Baby.

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90%

Recording Information and Credits

Title: Matthew's Yoga Music ~ Volumes 1-8
Artist: Matt Johnson

Release Date: September, 2010
Produced, Engineered and Mastered by:Matt Johnson
Record Label: Dolce & Nuit Productions

CD Matrix Numbers:
Volume 1: DNP0104-2
(UPC: 045011010426)

Volume 2: DNP0508-2
(UPC: 045011050828)

Volume 3: DNP0912-2
(UPC: 045011091227)

Volume 4: DNP1316-2
(UPC: 045011131626)

Volume 5: DNP1720-2
(UPC: 045011172025)

Volume 6: DNP2124-2
(UPC: 045011212424)

Volume 7: DNP2528-2
(UPC: 045011252826)

Volume 8: DNP2901-2
(UPC: 045011290125)

Total Disc Time: 60 minutes (each disc)

Musician:
Matt Johnson, piano, harmony ball texture

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LightScribe

Interestingly, the color palette for this project was derived from "LightScribe" CD options.

(LightScribe was an optical disc recording technology that was created by the Hewlett-Packard Company. It used specially coated recordable CD media to produce laser-etched labels with text or graphics.)

Therefore, a "Print-on-Demand" (POD) model was used for *"Matthew's Yoga Music"* rather than manufacturing and maintaining an inventory of CDs.

When I sat at the piano to create these pieces, an improvisational musical picture emerged. It is intriguing to hear the initial themes unfold into melodic & rhythmic variations throughout these captured 'moments in time.'

These are the musical moments I offer...for your yoga practice, for massage therapy or for your own personal times of reflection & contemplation.

Namaste,



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Namaste,



www.MattJohnsonMusic.com

DOLCE & NUIT PRODUCTIONS

TOP

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ARTIST

MattJohnsonMusic.x

The music and creative works of
American pianist/composer Matt Johnson.
(October 25, 1961 -)

www.MattJohnsonMusic.com
Dolce & Nuit Productions



MATT JOHNSON MUSIC.X

AMERICAN PIANIST/COMPOSER

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DISCOGRAPHY

https://musicbrainz.org/artist/23d8458f-dcc0-4a51-9d09-af933af07eec

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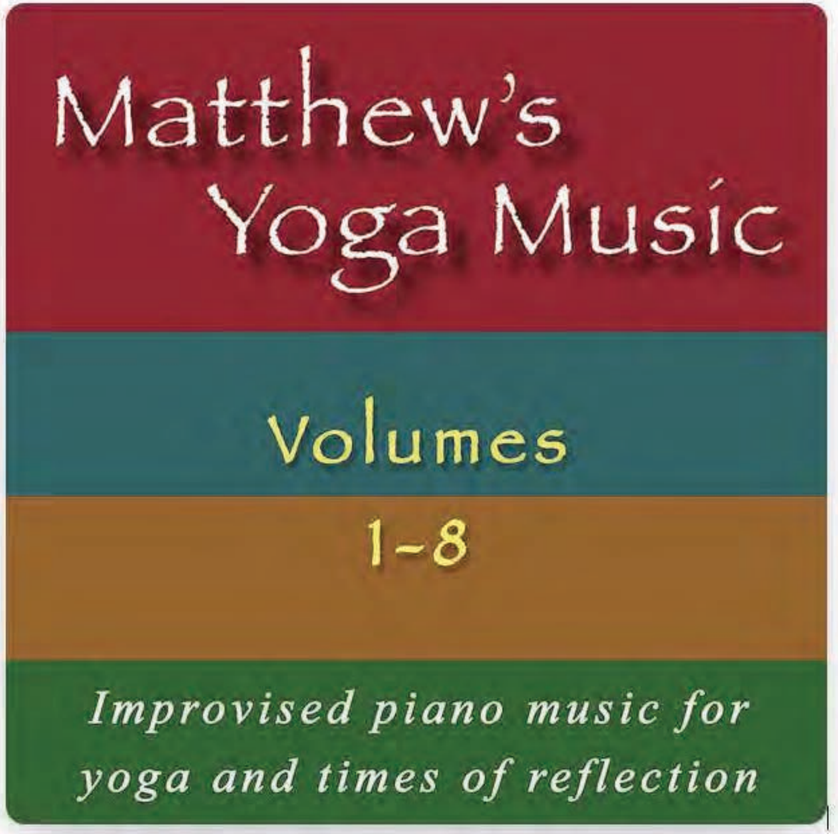
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