

RELAX
WITH
MINDFUL
PIANO

33 BEAUTIFUL PIECES
SELECTED BY SAMANTHA WARD

ED 23802

 **SCHOTT**

Relax with
Mindful Piano

33 Beautiful Pieces

Selected by
Samantha Ward

ED 23802

ISMN 979-0-001-22375-1
ISBN 978-3-7957-3484-8

 **SCHOTT**

ED 23802

© 2026 Schott Music GmbH & Co. KG, Mainz

All rights reserved.

We expressly reserve the right to use the work for text and data mining within the meaning of Section 44b of the German Copyright Act (UrhG).

French translation: Esther Dubielzig

German translation: Esther Dubielzig

Cover: Adobe Firefly. AI was used in the creation of the cover.

BSS 60432 · Printed in Germany

Schott Music GmbH & Co. KG, Weihergarten 5, 55116 Mainz, Germany

info@schott-music.com

Contents

Introduction / Einleitung	4
Friedrich Burgmüller	Ave Maria, Op. 100/19
Hans-Günter Heumann	Castles in the Air
Samantha Ward	Cascades for Julka
Frédéric Chopin	Largo in E ^b major, BI 109
Rainer Mohrs	Prayer for Peace.
Amy Beach	Waltz in C major, Op. 36/3
Johann Sebastian Bach	Prelude in C minor, BWV 934
Claudio Monteverdi / Vyacheslav Gryaznov	Si dolce è'l tormento
Eduard Pütz	Blue Waltz
Samantha Ward	Reverie for Zosia
Domenico Cimarosa	Sonata in A minor, C 55
Johann Sebastian Bach	Adagio in D minor, BWV 974
Enrique Granados	Vals poético, núm 6.
Alexander Nikolajewitsch Skrjabin	Prelude in E major, Op. 11/9
Frank Bridge	Berceuse, H 8
Domenico Scarlatti	Sonata in F minor, K 466
Ludwig van Beethoven	Bagatelle, Op. 126/3
Antonio Soler	Sonata in E minor, R 26
Clara Schumann	Notturmo, Op. 6/2
Marianna von Martinez	Rondo in A minor
George Gershwin	Prelude No. 2
Franz Schubert	Adagio in C major, D 459a/3
Sergei Rachmaninoff	Prelude in G ^b major, Op. 23/10
Franz Liszt	Consolation No. 2
John Field	Nocturne, H 37
Pyotr Ilyich Tchaikovsky	March, Op. 37a/3
Robert Schumann	Des Abends, Op. 12/1
Edward Elgar / Carsten Gerlitz	Salut d'amour
Pyotr Ilyich Tchaikovsky / Eduard Langer	Dance of the Swans
Alexander Rosenblatt	Dreaming
Johannes Brahms	Romanze, Op. 118/5
Johann Sebastian Bach / August Stradal	Andante, BWV 528
Robert Schumann	Romanze, Op. 28/2

Introduction

A piano book all about mindfulness and meditation is exactly what we all need in this fast-paced world, and I am thrilled to have been asked to write another 'Relax with ...' book by Schott. Inside you'll find some wonderful works by famous composers such as Bach, Liszt and Schubert, alongside some less well known pieces by composers such as Amy Beach, Maria Anna Martinez and Padre Antonio Soler, who was a contemporary of Scarlatti. I have tried to incorporate as many works written by female composers and there are still many inspiring works by women which are yet to be showcased and performed. A particular favourite of mine within this book is Clara Schumann's 'Notturmo', which is full of colours and a vivid musical imagination. The pieces range in difficulty and generally get a little harder as the book progresses, and I am honoured to have been able to write two of my own compositions for the anthology also. Despite all the works being quite gentle and relaxing in character, there is still plenty of musical variety here for you to discover. I hope you enjoy learning these pieces and that you feel calm and relaxed as you work on them!

Samantha Ward

Samantha Ward is a British concert pianist, and founder and Artistic Director of the international festival and summer school, PIANO WEEK. For more information, please visit www.pianoweek.com

Introduction

Un livre de piano consacré à la pleine conscience et à la méditation est exactement ce dont nous avons tous besoin dans ce monde où tout va très vite, et je suis ravie que Schott m'ait demandé d'écrire un autre ouvrage dans la série « Relax with... ». Vous y trouverez de magnifiques œuvres de compositeurs célèbres tels que Bach, Liszt et Schubert, ainsi que des pièces moins connues de compositeurs tels qu'Amy Beach, Maria Anna Martinez et Padre Antonio Soler, contemporain de Scarlatti. J'ai essayé d'inclure autant d'œuvres que possible écrites par des compositrices, mais il existe encore de nombreuses œuvres inspirantes de femmes qui n'ont pas encore été présentées et interprétées. L'une de mes préférées dans ce livre est « Notturmo » de Clara Schumann, qui regorge de couleurs et d'une imagination musicale vivante. Les morceaux présentent différents niveaux de difficulté et deviennent généralement un peu plus difficiles au fur et à mesure que l'on avance dans le livre. Je suis honorée d'avoir pu écrire deux de mes propres compositions pour cette anthologie. Bien que toutes les œuvres soient assez douces et relaxantes, vous découvrirez une grande variété musicale. J'espère que vous prendrez plaisir à apprendre ces morceaux et que vous vous sentirez calme et détendu en les travaillant !

Samantha Ward

Fondatrice et directrice du festival international et des cours d'été « PIANO WEEK », Samantha Ward est une pianiste-concertiste britannique. Vous trouverez davantage d'informations sur le site www.pianoweek.com

Einleitung

Ein Klavierbuch, das sich ganz um Achtsamkeit und Meditation dreht, ist genau das, was wir alle in dieser schnelllebigen Welt brauchen, und ich freue mich sehr, dass ich von Schott gebeten wurde, ein weiteres Buch in der Reihe „Relax with ...“ zu schreiben. Darin finden Sie einige wunderbare Werke berühmter Komponisten wie Bach, Liszt und Schubert, aber auch weniger bekannte Stücke von Komponistinnen wie Amy Beach und Maria Anna Martinez sowie von Padre Antonio Soler, einem Zeitgenossen Scarlattis. Ich habe versucht, so viele Werke wie möglich von Komponistinnen aufzunehmen, aber es gibt noch viele weitere inspirierende Werke von Frauen, die es vorzustellen und aufzuführen gilt. Ein besonderes Lieblingsstück von mir in diesem Buch ist Clara Schumanns „Notturmo“, das farbenreich und voller lebhafter musikalischer Fantasie ist. Die Stücke variieren im Schwierigkeitsgrad und werden im Laufe des Buches etwas schwieriger. Ich fühle mich geehrt, dass ich zwei meiner eigenen Kompositionen zu dieser Sammlung beisteuern durfte. Obwohl alle Werke einen recht sanften und entspannenden Charakter haben, gibt es hier dennoch eine große musikalische Vielfalt zu entdecken. Ich hoffe, Sie haben Freude daran, diese Stücke zu lernen und fühlen sich dabei ruhig und entspannt!

Samantha Ward

Samantha Ward ist eine britische Konzertpianistin sowie die Gründerin und künstlerische Leiterin von PIANO WEEK, einem internationalen Festival und Ferienkurs. Weitere Informationen finden Sie unter www.pianoweek.com

Ave Maria

Op. 100/19

Friedrich Burgmüller
1806–1874

Andantino ♩ = 100

p religioso

p

dim. e rit.

pp

pp

Castles in the Air

Hans-Günter Heumann
*1955

$\text{♩} = 80$

p

5 1 3 *Red.* * *Red.* * *Red. simile*

5 2 5 1 3

9 3 3 5 1 2 5

14 3 3 *3. x rit.*

Fine

19

5 3 4 2 3 1

mf

23

27

31

35

rit.

dim.

p

D.C. al Fine

Cascades for Julka

Samantha Ward

*1982

Con rubato

First system of the musical score. The key signature is one sharp (F#) and the time signature is 4/4. The piece is marked **Con rubato**. The first staff (treble clef) begins with a measure containing a whole note chord with a finger number '5' above it. The second staff (bass clef) begins with a measure containing a whole note chord with a finger number '1' above it. The dynamic marking *p* (piano) is placed between the staves. The system concludes with a *con pedale* instruction.

Second system of the musical score. The key signature remains one sharp (F#) and the time signature is 4/4. The dynamic marking *mf* (mezzo-forte) is placed between the staves. The system consists of four measures, each with a whole note chord in both staves.

Third system of the musical score. The key signature remains one sharp (F#) and the time signature is 4/4. The dynamic marking *subito pp* (subito pianissimo) is placed between the staves. The system consists of four measures, each with a whole note chord in both staves.

Fourth system of the musical score. The key signature remains one sharp (F#) and the time signature is 4/4. The system begins with a measure containing a whole note chord in both staves, with finger numbers '2' and '1' above the notes in the treble staff. This is followed by a measure with a whole note chord in the treble staff (finger number '5' above) and a whole note chord in the bass staff (finger number '4' below). The system concludes with a measure containing a whole note chord in both staves, with finger numbers '2' and '1' above the notes in the treble staff, and a whole note chord in the bass staff (finger number '5' below).

17

f cresc. e accel.

m.d

m.d

m.d

m.s

m.d

19

m.s

m.s

m.s

m.s

ff

p rubato

con Ped.

4

22

2 4 1 3

5

2 1

5

4

5

4

26

rallentando.

p

m.s

m.d

pp

ped.

*