



# A Music Therapist needs music, too!

Playlists for the various routines  
in a music therapist's life

## Playlist for meditation and mindfulness:



[Mindfulness/Meditation](#) (Click for full playlist)

“Golden Bird” - Levon Helm

“Healing Breeze” - Dean Evenson

“Breathe Me” - Sia

“Cello Concerto Mvt. II” - Schumann

“Adagio from Violin Concerto in E major” - Bach

## Playlist for doing paperwork:



[Paperwork](#) (Click link for the full playlist)

Prelude in C Sharp Minor - Rachmaninov

Fur Alina - Arvo Part

The Goldberg Variations - Performed by Glenn Gould

Trolltrog No. 3, Op. 54 - Grieg

## Podcasts for on the road:



Subscribe to these podcasts:

\* AMTA Pro Podcast \* WNYC's Radio Lab \* Music Therapy Round Table \* This American Life \* Songs for Music Therapy \*

## Playlist for working out:



[Workout](#) (Click for the full playlist)

“15 Step” - Radiohead

“ABC” - Jackson Five

“Absorb the Lipgloss” - The Hood Internet

“All of the Lights” - Kanye West

## Other Playlists (artist-specific)

*click on each to reveal playlist*

[James Vincent McMorrow](#)

[Florence + the Machine](#)

[Laura Marling](#)



record playlists

## ★Bonus★ Playlist for the record player:

Let's face it - even with all of the new technology out there, some albums are just better on a record player.

My picks: Van Morrison, Beatles, Rachmaninov, Neil Young (Harvest), Led Zeppelin (Houses of the Holy)

So happy you're here!

Thanks for checking out the  
playlists and visiting the blog!

