



music  
to feed  
your  
mind

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 bournemouth  
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music to feed your mind

It has been said: if you want to exercise your body, visit the gym. However, if you want to exercise your brain, listen to music.

## But just what is it about music that is so beneficial to our brain?

Research shows that listening to music, and especially live concerts, can reduce stress, anxiety and blood pressure as well as help improve mental health; while playing music can improve memory, concentration and problem solving. But true pleasure derived from music comes from our brain's reward system.

### Here's how it works

When music is played, vibrations travel through the air and enter our ear. These vibrations reach our eardrum and are transmitted into an electrical signal that travels through the auditory nerve to the brain stem, where it is understood by our brain as music and gives us an intense rush of pleasure - also called chills (which *Grease* fans will love) - resulting in our brains being flooded with a variety of beneficial chemicals.

### The element of surprise

Much of the pleasure we get from music comes from the pattern of melody, rhythm and unexpected changes - a constant dance between giving our brain what it is expecting and surprising it with something new. Of course, everyone is different and music will make us respond according to our own taste, but research shows that symphonic music triggers our brains to respond in exactly the same way - giving us a universal experience. This explains why live concerts are so thrilling and produce such intense experiences.

Whether you get your goosebumps - or chills - from Bruch's Violin Concerto, Handel's *Messiah*, the musicals of Rodgers & Hammerstein or Pink Floyd's *Wish You Were Here*, the more we listen to music we love, the better for our brain it is, so why not join us for a concert that will feed your mind and transport you away from the strains and stresses of everyday life.



## Smooth Classics: Violin Magic

Relaxing classics to soothe the soul

**Saturday 12 November** Lighthouse, Poole  
**Thursday 17 November** Portsmouth Guildhall  
**Thursday 24 November** Great Hall, Exeter

Let us soothe away the stresses and strains of everyday life in a relaxing evening featuring some of the most beautiful and tranquil symphonic music ever written for the violin. With music by Grieg, Bruch, Shostakovich, Debussy, Mendelssohn and Beethoven.



## The Rodgers & Hammerstein Concert

One enchanted evening

**Saturday 26 November** Bournemouth Pavilion

The definitive Rodgers & Hammerstein concert which celebrates one of the finest partnerships in musical history. A quartet of fabulous singers from London's West End will be performing a glorious selection of well-loved songs including *There is Nothin' Like a Dame*, *Oh What a Beautiful Mornin'*, *We Kiss in the Shadow* and many more!



## Silver Screen Showstoppers

Hollywood's golden age

**Sunday 4 December** Southampton Guildhall concert starts at 3pm

We are joined by BSO Voices for a matinee musical extravaganza of unforgettable classics that celebrate the best of Hollywood musicals that have graced the silver screen. Classics featured include *Chitty Chitty Bang Bang*, *Singin' in the Rain*, *My Fair Lady* and *West Side Story* to name but a few.

## music to lift the spirits

It has been proven that just hearing a piece of music from the past can instantly transport you back to a special moment in your life.



## Messiah

Handel's glorious oratorio

**Wednesday 14 December** Lighthouse, Poole

Now an essential Christmas tradition, Handel's *Messiah* retells the story of Christ, opening with the Nativity and the wondrous chorus, *For Unto Us a Child is Born*. Joined by a quartet of soloists and the full Bournemouth Symphony Chorus to sing a host of amazing arias, and of course, the celebrated *Hallelujah Chorus* we're sure to raise the roof!



## Last Night of the Christmas Proms

Join our Christmas party

**Saturday 17 December** Lighthouse, Poole  
**Tuesday 20 December** Great Hall, Exeter  
**Wednesday 21 December** Portsmouth Guildhall

The ultimate musical Christmas cracker, our ever-popular festive concert of Winter Wonderland hits is back with an overflowing bundle of musical treats, all wrapped up with a sprinkling of magic and sparkle. You just can't beat a bit of Rudolf, Bing Crosby or Slade!





## Celebration of Christmas Carols

Traditional Christmas sing-a-long

**Friday 23 December** Lighthouse, Poole

It just isn't Christmas without our traditional carols sing-a-long. Join us for a seasonal spread of Yuletide treats and classic carols old and new, including *God Rest Ye Merry Gentlemen*, *O Come All Ye Faithful* and *Good King Wenceslas*. It really is the perfect way to put aside the hassle and usher in Christmas with family and friends.



## New Year Viennese Gala

The magic of Johann Strauss

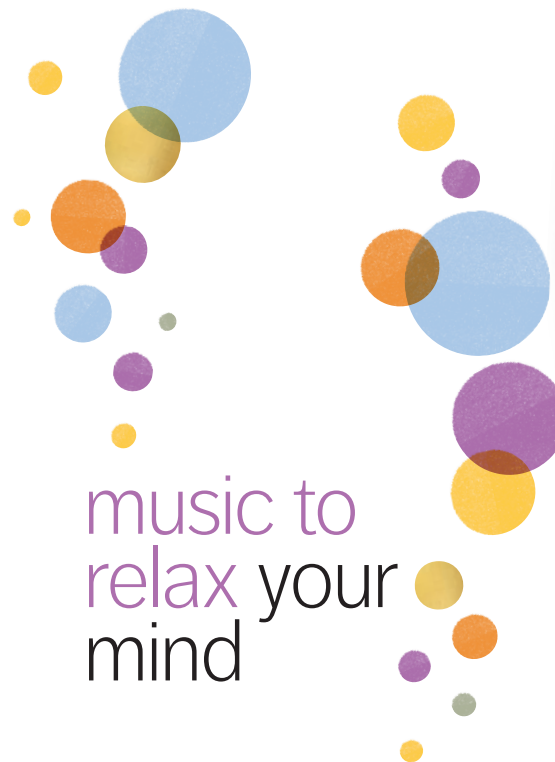
**Sunday 1 January, 3pm** Lighthouse, Poole

**Thursday 5 January** Taunton Brewhouse

**Friday 6 January** Weymouth Pavilion

**Saturday 7 January** Cheltenham Town Hall

Celebrate the New Year with a sparkling concert featuring the timeless waltzes, polkas and marches by the waltz-king himself, Johann Strauss and his contemporaries. What better way to begin 2023?



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## Valentine Classics

An evening of romantic classics

**Saturday 11 February** Lighthouse, Poole

Great classical composers have almost always been great romantics - and passionate love affairs are often the inspiration for great music-making. Join us for a night of some of the most enduring symphonic music ever written, including Tchaikovsky's heart-rendering *Romeo and Juliet Fantasy Overture* and music by Wagner and Mahler.



## Star Wars: The Definitive Concert

John Williams' classic scores

**Thursday 16 March** Portsmouth Guildhall

**Thursday 23 March** Great Hall, Exeter

**Saturday 25 March** Lighthouse, Poole

Journey to a galaxy far, far away with our magnificent celebration of John Williams' timeless music from all of the *Star Wars* films, which made Hollywood history, from the original *Episode IV: A New Hope* in 1977 to the most recent *The Rise of Skywalker*.

music to  
stir the  
senses

The sheer power and force of a symphony orchestra playing at full tilt simply cannot be described. It's not just the volume - you can also feel the change in pressure, and you listen as much with your eyes as with your ears.



## Three Phantoms

Saturday night at the musicals

**Saturday 29 April** Bournemouth Pavilion

Offering the very best theatre tunes we join forces with artists who have all performed in *The Phantom of the Opera* for an impressive feel-good concert celebration of the world's greatest musicals with its very own unique music of the night. This is an evening set to bring down the chandelier at the Bournemouth Pavilion!



## Symphonic Pink Floyd

Shine on you crazy diamond

**Saturday 13 May** Lighthouse, Poole

The full power of the BSO and the Bournemouth Symphony Chorus join forces for an epic concert featuring a host of iconic classics by Pink Floyd, symphonically reimagined including *Wish You Were Here*, *Comfortably Numb*, *Money* and *Another Brick in the Wall*. Don't miss out on this unique night which sold out last time!



music to  
take you  
away

## BSO Proms in the Park

Bournemouth's best outdoor concerts

### Heroes & Superheroes

Friday 4 August

The best film music ever written inspired by heroes both historical and fictitious, and a host of Marvel and DC Comics superheroes.

### ABBA Symphonic Spectacular

Saturday 5 August

A celebration of the Swedish pop superstars, featuring all their famous songs from *Fernando* to *Mamma Mia*.

If you're having a bad day, there's nothing better than listening to some uplifting and joyous music; the bright musical tones and lyrics can elevate your mood and empower you for the day ahead.

Tickets for all concerts can be booked online or by calling the BSO ticketline.

Tickets are also available to buy by phone or in person from the concert venues. Booking fees apply. (Concessions are available; phone for details.)

All concerts begin at 7.30pm unless otherwise stated. Bournemouth Pavilion concerts begin at 7pm.

music  
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**bsolive.com**  
**01202 669925**

(Monday–Friday 9.30am–5pm)

### Lighthouse, Poole

**01202 280000**

Tickets: £9–£56

### Bournemouth Pavilion

**0300 500 0595**

In person tickets can be purchased at the Pavilion and the Bournemouth International Centre

Tickets: £12–£36

### Portsmouth Guildhall

**02393 870200**

Tickets: £6–£26

### Great Hall, University of Exeter

Tickets: £15–£39

### Weymouth Pavilion

**01305 783225**

Tickets: £17–£29

### O2 Guildhall Southampton

**023 8063 2601**

Tickets: £15–£26

### Taunton Brewhouse

**01823 283244**

Tickets: £26–£28.50

### Cheltenham Town Hall

**01424 528764**

In person tickets can be purchased at Leisure at Cheltenham, Tommy Taylors Lane

Tickets: £13.50–£33.50