

**LIGHT MUSIC  
AND LIVING A LONG HEALTHY LIFE**

HEATHER MEASE

GUITAR  
VIOLIN I  
VIOLIN II  
CELLO

3 MINUTES

# LIGHT MUSIC AND LIVING A LONG HEALTHY LIFE

HEATHER MEASE

REPEAT ~20 SECONDS

C 4/6 II

**GUITAR**  $\text{♩} = 146$

**VIOLIN I**

**VIOLIN II**

**VIOLONCELLO**

*f*

*p* *f* *p*

**GTR.**

**VLN. I**

**VLN. II**

**VC.**

*p* *f* *p*

**GTR.**

**VLN. I**

**VLN. II**

**VC.**

*p* *f* *p* *p*

12

GTR. *pp* *ff* *SUL PONT.*

VLN. I

VLN. II *ppp* *PIZZ., STRUMMED* *pp*

VC. *f* *p* *p* *ff*

16

GTR.

VLN. I *ORD.* *p* *pp*

VLN. II *pp* *pp*

VC. *pp* *p*

20

GTR.

VLN. I *SUL PONT.* *6* *ORD.* *p* *pp* *SUL PONT.* *6*

VLN. II *SUL PONT.* *ORD.* *pp* *mp* *pp* *3*

VC. *SUL PONT.* *6* *ORD.* *pp* *mp* *pp* *3*

23

GTR.

VLN. I

VLN. II

VC.

25

GTR.

VLN. I

VLN. II

VC.

*p* *pp*

28

GTR.

VLN. I

VLN. II

VC.

32

GTR.

VLN. I

VLN. II

VC.

*p* *f*

36

GTR.

VLN. I

VLN. II

VC.

*p* *p* *f* *p*

*p* *p* *f* *p*

40

GTR.

VLN. I

VLN. II

VC.

*p* *f* *p*

*p* *f* *p*

A TEMPO

44

GTR.

VLN. I

VLN. II

VC.

RIT.

*p* *f* *p*

48

GTR.

VLN. I

VLN. II

VC.

*p* *f* *p*

52

GTR.

VLN. I

VLN. II

VC.

*f* *ff* *ppp*

6

**SLOWER, LOOSER**

56 REPEAT 20 SECONDS

GTR. *mp* *p* *mp*

VLN. I \*

VLN. II *mp* *p* *mp*

VC. \*

\* SLOWLY, INDEPENDENTLY SLIDE BETWEEN F# AND AT MOST A HALF STEP BELOW; CONTINUE UNTIL END

61

GTR. *p* *mp*

VLN. I

VLN. II *p* *pp* *mp* *p* *mp*

VC.

67

GTR. *p* *mp* *p*

VLN. I *f*

VLN. II *p* *mp*

VC. *f*