



### In and Out

Take a deep breath in, then breathe out slowly.

**Breathe in**

count

1 2

**Breathe out**

count

1 2 3 4 5 6

**Breathe in**

count

1 2

**Breathe out**

count

1 2 3 4 5 6



### I Love my Love

Zoom in on the shaded bars.

**Calmly** **traditional Cornish**

flute 1

flute 2

flute 3

*p*

*p*

*p*

*rall.*

*p*

*mf*

*f*

*f*

*f*

The musical score for 'I Love my Love' is presented in three systems, each with three staves for flute 1, flute 2, and flute 3. The first system begins with a 4/4 time signature and a tempo marking of 'Calmly'. Each flute part starts with a triplet of eighth notes, followed by a repeat sign. The first system includes a shaded area around the first few measures of the flute 1 part, starting with a piano (*p*) dynamic. The second system features a 'rall.' (rallentando) marking and a checkmark above the first measure of the flute 1 part. The third system includes dynamics of *mf* and *f*, with a shaded area around the first few measures of the flute 1 part. The score concludes with repeat signs and fermatas in the final measures of each system.