

PRESS RELEASE
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“Phil Your Life” Returns with Season 2: MUSIC X WELLNESS

[18 February 2022, Hong Kong] The “Phil Your Life” series presented by the **Hong Kong Philharmonic Orchestra (HK Phil)** returns with its Season 2, putting music and wellness together in three episodes. HK Phil musicians will connect classical music with leisure activities by highlighting the power of music to enhance health and wellbeing. Starting from today, one episode will be released each month, and the first called “Harmony, Body & Soul” is now available on HK Phil online platforms.

Designed to brighten up lives in a light-hearted way by discovering amusing connections between music and daily life, “Phil your Life” was launched in July 2021 with its [first season](https://www.hkphil.org/watch-and-listen/online-programme/phil-your-life) (available at <https://www.hkphil.org/watch-and-listen/online-programme/phil-your-life>) pairing music and food. Through this series of community initiatives, Swire and the HK Phil aim to bring the general public one step closer to classical music, and open the door to classical music for the new audience. Season 2 will continue to reveal the vibrant, cosmopolitan culture of Hong Kong through the lens of HK Phil musicians and their music.

Through leisure activities, daily encounters and the beauty of nature, Season 2 showcases the connection between music and wellness and emphasises the importance of a balanced life through which we could unleash our full potential.

Starting from today (18 February)*, “Phil Your Life” – MUSIC X WELLNESS goes live with **one episode per month** on the **HK Phil website, YouTube, Facebook, Instagram, WeChat and Bilibili**. Stay tuned for the upcoming videos to relax your mind and body with the HK Phil!



(Click the above thumbnails to download press photos)

***HK Phil “Phil Your Life” – MUSIC X WELLNESS Broadcast Schedule**

<p>Ep. 1: Harmony, Body & Soul</p> <p>Theme: Balance</p> <p>Music:</p> <p>HAYDN String Quartet in E flat, op.33, no. 2: 4th movement (Presto)</p> <p>Musicians: HK Phil Strings Section</p>	<p>18 February 2022 (Friday)</p>
<p>Ep. 2: Inspiration, Sky & Earth</p> <p>Theme: Rediscovery</p> <p>Music:</p> <p>MAHLER <i>Ging heut' morgen über's Feld</i> (I walked across the field this morning)</p> <p>RAVEL <i>Le jardin féerique</i> (The Fairy Garden) from <i>Ma mère l'Oye</i> (Mother Goose) Suite</p> <p>Musician: Philip Powell, Double Bass</p>	<p>25 March 2022 (Friday)</p>
<p>Ep. 3: Challenges, Overcoming & Virtuosity</p> <p>Theme: Resilience</p> <p>Music:</p> <p>HANDEL/HALVORSEN Passacaglia for Violin and Viola</p> <p>Musicians: Jing Wang, Concertmaster; Andrew Ling, Principal Viola</p>	<p>April 2022</p>

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Hong Kong Philharmonic Orchestra

Music Director: Jaap van Zweden, SBS

Principal Guest Conductor: Yu Long

The Hong Kong Philharmonic Orchestra (HK Phil) is recognised as Asia's foremost classical orchestra. Presenting more than 150 concerts over a 44-week season, the HK Phil attracts more than 200,000 music lovers annually. In 2019 the HK Phil received the prestigious Gramophone Orchestra of the Year Award – the first orchestra in Asia to receive this distinction.

Jaap van Zweden, one of today's most sought-after conductors, has been the orchestra's Music Director since the 2012/13 season, a position he will continue to hold through to the end of the 2023/24 season. Following his tenure as Music Director, he will hold the title of Conductor Laureate. Maestro van Zweden is also Music Director of the New York Philharmonic. Yu Long has been Principal Guest Conductor since the 2015/16 season, while Lio Kuokman has been Resident Conductor since the 2020/21 season.

Under the dynamic leadership of Jaap van Zweden, the HK Phil has attained new heights of artistic excellence, garnering international critical acclaim. The orchestra successfully completed a four-year journey through Wagner's Ring Cycle, performing and recording one opera from the cycle annually from 2015 to 2018. The concert performances and live Naxos recordings were enthusiastically received, and garnered Gramophone Orchestra of the Year Award 2019.

The HK Phil tours extensively across Mainland China and around the world, to showcase the orchestra's and the city's artistic excellence. In 2019, the HK Phil was the first Hong Kong arts group to perform in the Greater Bay Area since the promulgation of the "Outline Development Plan for the Guangdong-Hong Kong-Macao Greater Bay Area". With the support of the Hong Kong Economic and Trade Offices, the HK Phil undertook a major tour in 2017 to Seoul, Osaka, Singapore, Melbourne and Sydney in celebration of the 20th anniversary of the establishment of the HKSAR.

Thanks to a significant subsidy from the HKSAR Government, as well as long-term funding from Principal Patron Swire, the Hong Kong Jockey Club Charities Trust and other supporters, the HK Phil presents an annual schedule of core classical repertoire and innovative popular programming, extensive education and community programmes, and collaborations with, among others, Hong Kong Arts Festival, Hong Kong Ballet, HKU MUSE, Opera Hong Kong and Tai Kwun.

Conductors and soloists who have recently performed with the orchestra include Vladimir Ashkenazy, Joshua Bell, Charles Dutoit, Christoph Eschenbach, Renée Fleming, Matthias Goerne, Stephen Hough, Evgeny Kissin, Katia and Marielle Labèque, Lang Lang, Yo-Yo Ma, Ning Feng, Leonard Slatkin and Yuja Wang.

The HK Phil promotes the work of Hong Kong and Chinese composers through an active commissioning programme, and has released recordings on the Naxos label featuring Tan Dun and Bright Sheng conducting their own compositions. Its acclaimed education and community engagement programmes in schools, hospitals, and outdoor spaces, bring music into the hearts of tens of thousands of children and families every year. The recently founded "The Orchestra Academy Hong Kong", funded by "TrustTomorrow" of The Swire Group Charitable Trust and co-directed with The Hong Kong Academy for Performing Arts, aims at enhancing professional training for graduates from HKAPA's School of Music and facilitating their career development in the orchestral field.

The Swire Group has been the Principal Patron of the HK Phil since 2006. Through this sponsorship, which is the largest in the orchestra's history, Swire endeavours to promote artistic excellence, foster access to classical music, stimulate cultural participation in Hong Kong, and enhance Hong Kong's reputation as one of the great cities in the world.

Originally called the Sino-British Orchestra, it was renamed the Hong Kong Philharmonic Orchestra in 1957 and became fully professional in 1974. The HK Phil is a charitable organisation.

The Hong Kong Philharmonic Orchestra is financially supported by the Government of the Hong Kong Special Administrative Region and is a Venue Partner of the Hong Kong Cultural Centre. SWIRE is the Principal Patron of the Hong Kong Philharmonic Orchestra.