

L O R A C H O W

PLAYS LORA CHOW

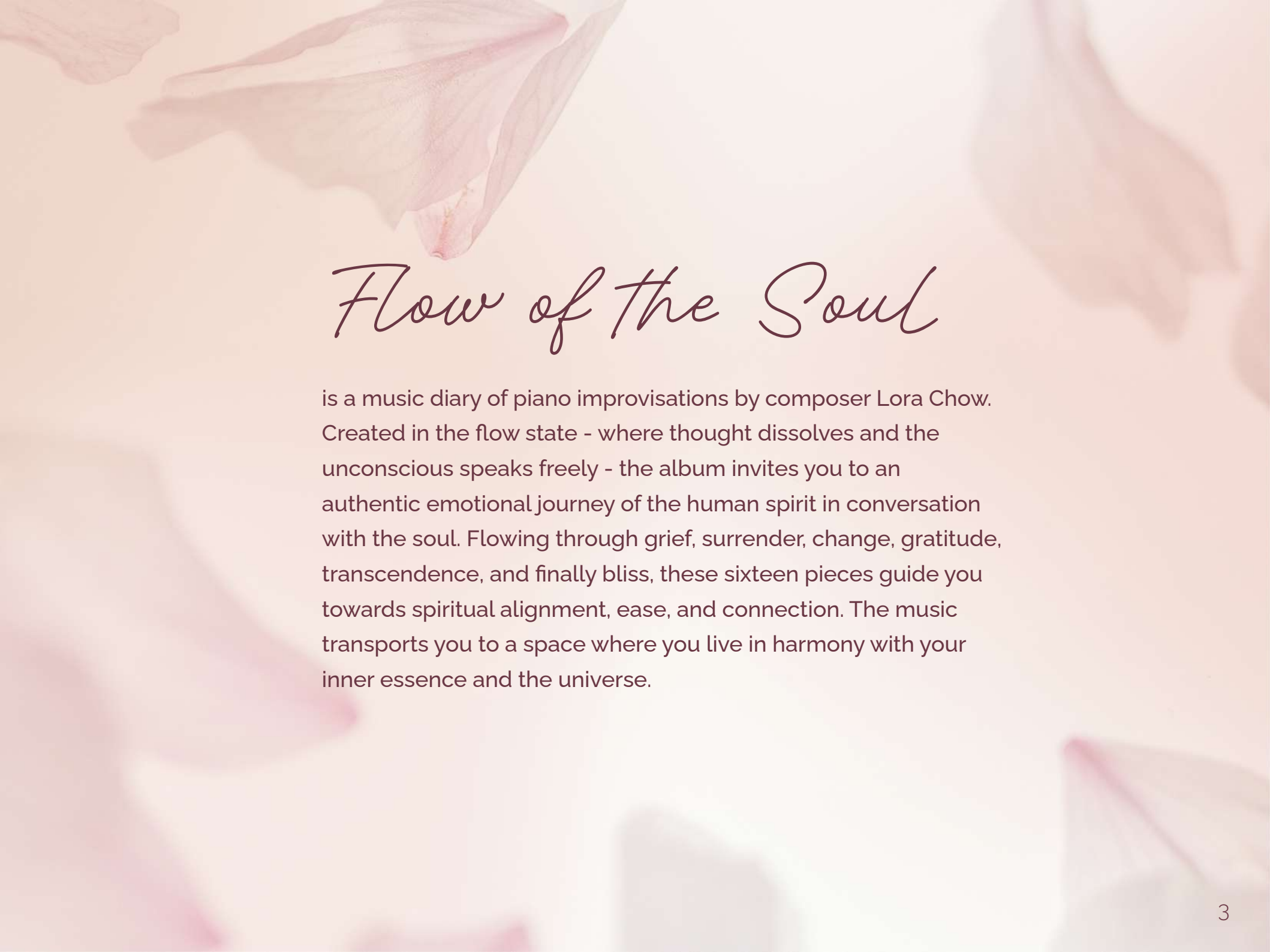
Flow of the Soul

PRIMA
CLASSIC

Flow of the Soul

L O R A C H O W

- | | |
|-------------------------------|---------------------------------------|
| 1. Wabi-sabi 2:12 | 9. The Moon's Gaze Upon the Deep 4:33 |
| 2. Between Storm and Sky 3:00 | 10. Silent River 2:36 |
| 3. Wings of Hope 3:54 | 11. Zen 2:42 |
| 4. Cotton Clouds 3:44 | 12. Uncharted 3:10 |
| 5. Nānie 4:23 | 13. Gratitude 3:01 |
| 6. On A Silent Night 2:56 | 14. Abundance 2:49 |
| 7. Hydrangea 1:45 | 15. Transcendence 3:31 |
| 8. Morning Dew 2:38 | 16. Bliss 1:54 |

The background of the page is a soft, light pink color, decorated with several delicate, translucent pink cherry blossom petals. Some petals are in sharp focus near the top, while others are blurred in the foreground and background, creating a dreamy, ethereal atmosphere.

Flow of the Soul

is a music diary of piano improvisations by composer Lora Chow. Created in the flow state - where thought dissolves and the unconscious speaks freely - the album invites you to an authentic emotional journey of the human spirit in conversation with the soul. Flowing through grief, surrender, change, gratitude, transcendence, and finally bliss, these sixteen pieces guide you towards spiritual alignment, ease, and connection. The music transports you to a space where you live in harmony with your inner essence and the universe.

1. WABI -SABI

Wabi-sabi is the art of finding beauty in impermanence and flaw.
Love what is true — not what is perfect.

2. BETWEEN STORM AND SKY

The turbulence in life forces us to struggle. And the struggles make us stronger. This is a valuable part of the human experience. This is where you become who you are meant to be.

3. WINGS OF HOPE

Wings of Hope is the hope of a bird learning to trust the air after a storm.
The bird opens its wings even when it falls.

4. COTTON CLOUDS

The heaviness lifted. *Cottons Clouds* is the feeling of floating on weightless, soft white clouds. Surrender. Trust that the air will hold you.

5. NÄNIE

Nänie is a lament, because some griefs need to be heard exactly as they are. In face of a loss, let it cry without wiping its tears.

6. ON A SILENT NIGHT

On A Silent Night is the sound of peace when one finally befriends stillness. You are enough without doing, without proving, without becoming. In silence, the soul speaks its oldest language.

7. HYDRANGEA

The hydrangea changes colour depending on the soil — pink for alkaline and blue for acid. *Hydrangea* is the beauty of being changeable, of responding honestly to the ground beneath you.

8. MORNING DEW

Morning Dew is about witnessing the ordinary miracles of a new day: the sun rising, the fresh air entering your lungs, the drop of dew on a leaf.

9. THE MOON'S GAZE UPON THE DEEP

The deep is the ocean, or the soul. The piano becomes a vast, dark water.
The music conveys the feeling of being seen without being judged.

10. SILENT RIVER

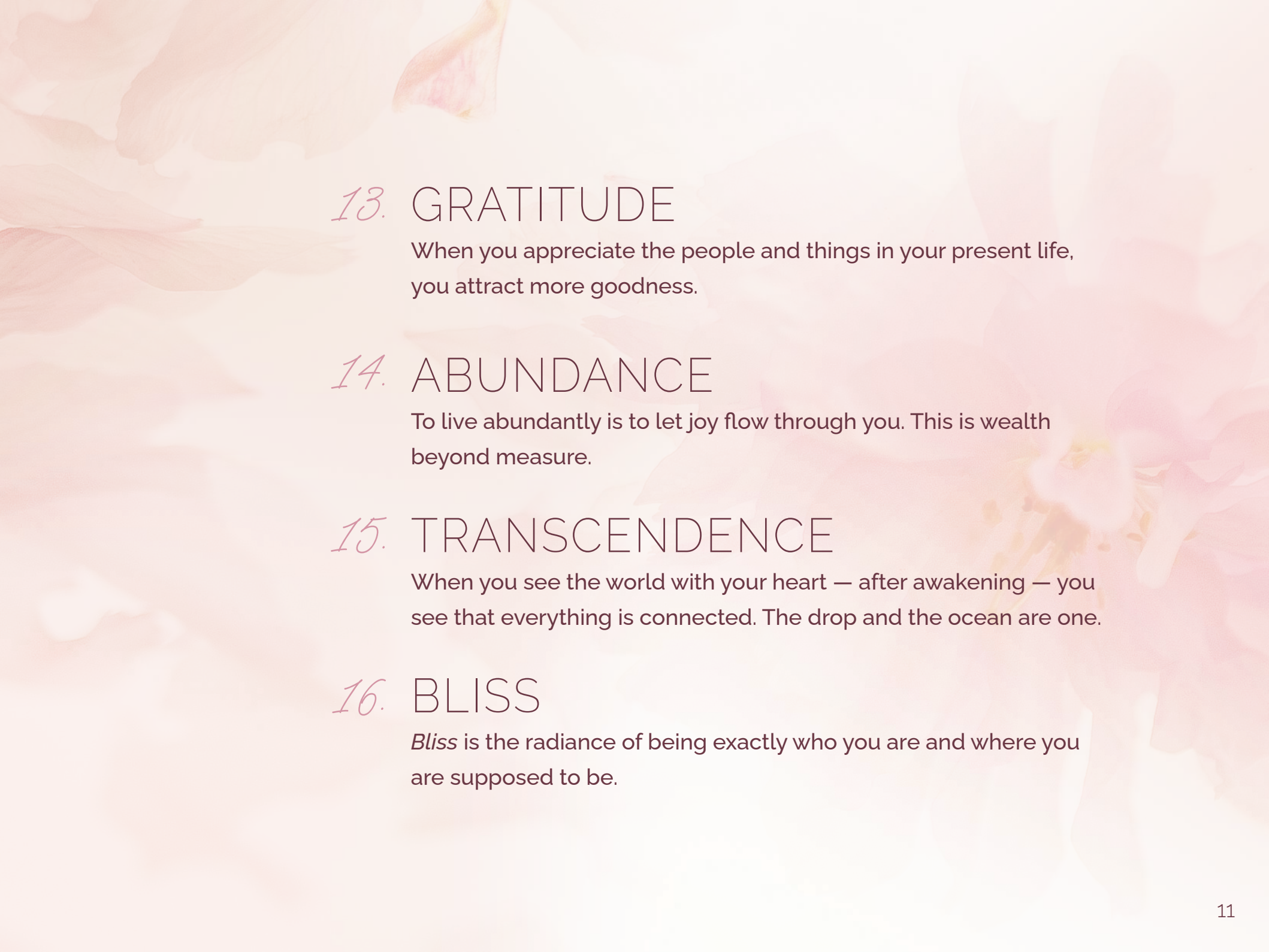
The current never stops, even when we cannot hear it. The most profound changes happen in the dark, below the surface.

11. ZEN

Zen is the tranquility of finding everything in nothing.

12. UNCHARTED

Embrace the uncertainty. Let the path reveal itself. Trust that wherever you land is where you need to be.



13. GRATITUDE

When you appreciate the people and things in your present life, you attract more goodness.

14. ABUNDANCE

To live abundantly is to let joy flow through you. This is wealth beyond measure.

15. TRANSCENDENCE

When you see the world with your heart — after awakening — you see that everything is connected. The drop and the ocean are one.

16. BLISS

Bliss is the radiance of being exactly who you are and where you are supposed to be.

L O R A

C H O W



L O R A C H O W

Hong Kong-born composer, pianist, and coloratura soprano Lora Chow is emerging as one of contemporary classical music's most distinctive and compelling voices. Her original music combines rigorous classical training with the raw, unfiltered language of improvisation. A graduate of Yale University with a double major in Music and Economics, Chow further studied composition with distinguished Hollywood composers Patrick Kirst, Lawrence Shragge and Christopher Young. Yet, her most profound mentor has been silence itself - the fertile stillness from which her most intimate works were created.

Chow's compositions have been premiered by leading orchestras worldwide, including the Hong Kong Philharmonic Orchestra, Orchestra della Toscana, Sofia Sinfonietta, the Budapest Art Orchestra and the Hong Kong Chinese Orchestra. Her original musical *Dr. Clown* was featured at the Hong Kong Fringe Festival 2026. Her scores are published by Universal Edition. Her accolades include the Chigiana Film Scoring Award for Best Storytelling, the CASH Music Fund, Top 5 in the CASH Golden Sail Music Award for Best Young Composer's Serious Composition, the Cole Porter Fellowship in Music and Theater, the Anita Hewitt-Jones Composition Prize, and the Katie Lees Award for Musicianship. As a performer, she has appeared as soprano, pianist and harpist with the Hong Kong Philharmonic, demonstrating a versatility that has become her artistic signature.

Chow is the former Associate Music Director at Disney. She currently sings with the Hong Kong Philharmonic Orchestra as Soprano Fellow. She also holds the positions of Vice-Chairwoman of SingFest, the Co-Founder of the Yale Alumni Chamber Music Society of Hong Kong and Virtuoso Fiesta and Member of the Leisure and Cultural Services Department's Programme and Development Committee (PDC).

Her debut album, *Reveries on Ivories*, recorded at the Fazioli Concert Hall in Italy, established her as a pianist of rare emotional transparency. The follow-up, *Pursuits from the Roots*, deepened her exploration of memory, place, and identity. Now, with *Flow of the Soul*, Chow unveils her most personal statement to date: a piano diary of raw emotions from the unconscious mind. Moving through grief, surrender, change, gratitude, transcendence, and bliss, the album invites listeners into a state of spiritual alignment, ease and connection.

Credits

This album was recorded in the GIG Studio in Hong Kong on 15 March 2026.

Executive Producer: Edgardo Vertanessian

Composer & Pianist: Lora Chow

Recording Engineer: Kai Chow

Editing, Mixing and Mastering: Edgardo Vertanessian

Artwork design: Andrew Vlasov and Tatyana Vlasova

Booklet design: Jeremy Smedes

PRIMA
CLASSIC

Catalog: PRIMA140

© & © 2026 Prima Classic

All trademarks and logos are protected.

All Rights Reserved.

Available in Hi-Res Audio (96k/24b),
Apple Digital Masters, and Amazon Ultimate HD.