



SSP Playlists

This resource lists the track names and timestamps for available SSP playlists to assist with program planning and comfort.

It allows providers and clients alike to review the content of a playlist before a listener begins, which is helpful for navigating through specific musical preferences or aversions.

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Visual Reference Only: This resource does not contain audio. To listen, please follow these steps:

- **Sample Music:** Visit the Programs page in your MyUnyte portal.
- **Full Playlist:** Access via the Unyte Health app on your mobile device.
- **Client Setup:** Providers must create the client profile and assign a playlist in MyUnyte to enable listening.
- **Client Support:** Contact your provider for questions regarding playlist selection.

SSP PLAYLISTS:

Wonder



[Music sample →](#)

*Access the full playlist in the Unyte Health app

SSP Wonder: Hour 1	Timestamp
Life's a Happy Song: The Muppets	0:00-4:29
A Whole New World "Aladdin"	4:30-8:33
Rainbow Connection: Kermit	8:34-11:50
Spoonful of Sugar "Mary Poppins"	11:51-15:05
Bare Necessities "Jungle Book"	15:06-19:23
For the First Time "Frozen"	19:24-23:07
Can You Feel the Love "The Lion King"	23:08-27:08
Me & Julio in Schoolyard: Simon and Garfunkel	27:09-29:57
Into the Open Air "Brave"	29:58-32:38
Gaston "Beauty and the Beast"	32:39-37:03
Reflection "Mulan"	37:04-39:30
You Can Fly! "Peter Pan"	39:31-43:38
Colors of the Wind "Pocahontas"	43:39-47:52
Kiss The Girl "The Little Mermaid"	47:53-50:40
I See the Light "Tangled"	50:41-54:25
Remember Me "Coco"	54:26-56:35
Love Will Find a Way "The Lion King II"	56:36-59:02
A Dream is a Wish "Cinderella"	59:03-60:00

SSP Wonder: Hour 2	Timestamp
Begin Again: Taylor Swift	0:00-3:55
Happy: Pharrell Williams	3:56-7:47
Moonshadow: Cat Stevens	7:48-10:35
Lava "Lava"	10:36-13:59
When You Wish Upon a Star "Pinocchio"	14:00-15:48
Supercalifragilisticexpialidocious "Mary Poppins"	15:49-17:53
You've Got a Friend "Toy Story"	17:54-19:55
Winnie the Pooh "Winnie the Pooh"	19:56-21:34
Bibbidi Boppidi Boo "Cinderella"	21:35-23:14
You are My Sunshine: Children's Chorus	23:15-25:41
Peaceful Easy Feeling: The Eagles	25:42- 29:58
Just Around the Riverbend "Pocahontas"	29:59-32:26
Your Song: Elton John	32:27-35:37
Touch the Sky "Brave"	35:38-38:07
Put Your Records On: Corinne Bailey Rae	38:08-41:41
Superman: Five For Fighting	41:42-45:25
A Whole New World "Aladdin"	45:26-49:31
Hushabye Mountain: Chitty Chitty Bang Bang	49:32-51:24
Everything has Changed: Taylor Swift	51:25-55:27
Be Our Guest "Beauty and the Beast"	55:28-60:00

SSP Wonder: Hour 3	Timestamp
I Wanna be Like You "The Jungle Book"	0:00-2:18
How Far I'll Go "Moana"	2:19-5:02
I Wanna Know You: Hannah Montana	5:03-8:03
Reflection "Mulan"	8:04-10:24
Kiss the Girl "The Little Mermaid"	10:25-13:10
I Just Can't Wait to be King "The Lion King"	13:11-16:01
Winnie the Pooh "Winnie the Pooh"	16:02-17:41
Remember Me "Coco"	17:42-19:27
Into the Open Air "Brave"	19:28-22:08
Gaston "Beauty and the Beast"	22:09-26:33
We Are One "The Lion King II"	26:34-29:58
Happy: Pharrell Williams	29:59-33:52
You Can Fly! "Peter Pan"	33:53-38:00
Colors of the Wind "Pocahontas"	38:01-42:15
Little April Shower "Bambi"	42:16-46:11
Dynamite China: Anne McClain	46:12-49:00
Under the Sea "The Little Mermaid"	49:01-52:14
Nightingale: Nora Jones	52:15-55:59
Hakuna Matata "The Lion King"	56:00-60:00

SSP Wonder: Hour 4	Timestamp
Can you Feel the Love “The Lion King”	0:00-4:00
Superman: Five For Fighting	4:01-7:42
When You Wish Upon a Star “Pinocchio”	7:43-9:31
Touch the Sky “Brave”	9:32-12:01
A Dream is a Wish “Cinderella”	12:02-13:49
Bibbidi Boppidi Boo “Cinderella”	13:50-15:22
I Can See Clearly Now: Jimmy Cliff	15:23-18:39
Life’s a Happy Song: The Muppets	18:40-23:00
Me & Julio in Schoolyard: Simon and Garfunkel	23:00-26:02
Hushabye Mountain: Chitty Chitty Bang Bang	26:03-28:39
Spoonful of Sugar “Mary Poppins”	28:40-30:00
You’ve Got a Friend “Toy Story”	30:01-32:04
Begin Again: Taylor Swift	32:05-35:59
Your Song: Ellie Goulding	36:00-38:59
We Are One “The Lion King II”	39:00-42:52
For the First Time “Frozen”	42:53-46:37
I Wanna be Like You “The Jungle Book”	46:38-48:58
Rainbow Connection: Kermit	48:59-52:13
I See the Light “Tangled”	52:14-55:56
Little April Shower “Bambi”	55:57-60:00

SSP Wonder: Hour 5	Timestamp
I Wanna Know You: Hannah Montana	0:00-2:52
Supercalifragilistic expialidocious “Mary Poppins”	2:53-5:00
Moonshadow: Cat Stevens	5:01-7:48
Be Our Guest “Beauty and the Beast”	7:49-12:34
Lava “Lava”	12:35-15:44
Mexico: James Taylor	15:45-18:48
I Just Can’t Wait to be King “The Lion King”	18:49-21:38
Everything has Changed: Taylor Swift	21:39-25:44
Peaceful Easy Feeling: The Eagles	25:46-29:57
Love Will Find a Way “The Lion King II”	29:58-32:51
Nightingale: Nora Jones	32:52-37:01
Just Around the Riverbend “Pocahontas”	37:02-39:32
Dynamite China: Anne McClain	39:33-42:01
Under the Sea “The Little Mermaid”	42:02-45:30
Put Your Records on: Corinne Bailey Rae	45:31-49:01
Hakuna Matata “The Lion King”	49:02-52:44
Bare Necessities “Jungle Book”	52:45-57:20
You are My Sunshine: Children’s Chorus	57:21-60:00

SSP PLAYLISTS:

Original



[Music sample →](#)

*Access the full playlist in the Unyte Health app

SSP Original: Hour 1	Timestamp
I Can See Clearly Now: Jimmy Cliff	0:00-3:08
Midnight Train to Georgia: Gladys Knight & Pips	3:09-7:52
Groovin': The Rascals	7:53-10:28
It's Not Easy: Five for Fighting	10:29-14:10
Seasons of Love "Rent"	14:11-17:13
Ain't No Mountain High Enough: Diana Ross	17:14-20:56
California Dreamin': The Mamas & The Papas	20:57-23:36
Uptight Everything's Alright: Stevie Wonder	23:37-26:38
Begin Again: Taylor Swift	26:39-29:58
Me & Julio in Schoolyard: Simon and Garfunkel	29:59-33:00
Please Mr. Postman: The Marvelettes	33:01-35:37
Natural Woman: Aretha Franklin	35:38-38:16
Everything Has Changed: Taylor Swift	38:17-42:19
Peaceful Easy Feeling: The Eagles	42:20-46:36
I Wanna Dance with Somebody: Whitney Houston	46:37-51:28
Kind & Generous: Natalie Merchant	51:29-55:33
Me & Bobbie McGee: Janis Joplin	55:34-60:00

SSP Original: Hour 2	Timestamp
Here Comes the Sun: The Beatles	0:00-3:05
Son of a Preacher Man: Dusty Springfield	3:06-5:56
Seven Bridges Road: The Eagles	5:57-8:51
I Will: Allison Kraus	8:52-12:54
Georgia On My Mind: Ella Fitzgerald	12:55-19:04
Wonder: Natalie Merchant	19:05-23:31
This Kiss: Faith Hill	23:32-26:35
Banana Pancakes: Jack Johnson	26:36-29:58
Happy: Pharrell Williams	29:59-33:51
You've Got a Friend: Carol King	33:52-38:58
New Slang: The Shins	38:59-42:51
I Will Survive: Gloria Gaynor	42:52-46:25
I Hope You Dance: Lee Ann Womack	46:26-51:19
Mexico: James Taylor	51:20-54:25
At Last: Etta James	54:26-57:16
My House: Kacey Musgraves	57:17-60:00

SSP Original: Hour 3	Timestamp
Beautiful Day: U2	0:00-4:05
Me & Bobbie McGee: Janis Joplin	4:06-8:33
Your Song: Ellie Goulding	8:34-11:30
Baby Love: The Supremes	11:31-14:26
Begin Again: Taylor Swift	14:27-18:21
Good Day Sunshine: The Beatles	18:22-20:29
These Boots Are Made for Walkin': Nancy Sinatra	20:30-23:17
Nightingale: Nora Jones	23:18-27:24
Moonshadow: Cat Stevens	27:25-29:58
Walking on Sunshine: Katrina and the Waves	29:59-34:09
Kind & Generous: Natalie Merchant	34:10-38:10
Midnight Train to Georgia: Gladys Knight & Pips	38:11-42:55
California Dreamin': The Mamas & The Papas	42:56- 45:34
Everything Has Changed: Taylor Swift	45:35-49:36
Uptight Everything's Alright: Stevie Wonder	49:37-52:38
True Colors: Eva Cassidy	52:39-57:29
Natural Woman: Aretha Franklin	57:30-60:00

SSP Original: Hour 4	Timestamp
Groovin': The Rascals	0:00-3:35
Please Mr. Postman: The Marvelettes	3:36-5:11
Seasons of Love "Rent"	5:12-8:10
I Wanna Dance with Somebody: Whitney Houston	8:11-13:00
This Kiss: Faith Hill	13:01-16:07
Seven Bridges Road: The Eagles	16:08-19:00
It's Not Easy: Five for Fighting	19:01-22:38
Peaceful Easy Feeling: The Eagles	22:39-26:57
Me & Julio in Schoolyard: Simon and Garfunkel	26:58-29:59
Banana Pancakes: Jack Johnson	30:00-33:08
Georgia On My Mind: Ella Fitzgerald	33:09-37:00
I Will: Allison Kraus	37:01-41:02
Here Comes the Sun: The Beatles	41:03-44:06
Wonder: Natalie Merchant	44:07-48:32
Mexico: James Taylor	48:33-51:39
I Hope You Dance: Lee Ann Womack	51:40-56:05
Happy: Pharell Williams	56:06-60:00

SSP Original: Hour 5	Timestamp
I Can See Clearly Now: Jimmy Cliff	0:00-3:05
Your Song: Ellie Goulding	3:06-6:12
At Last: Etta James	6:13-9:11
You've Got a Friend: Carol King	9:12-14:19
New Slang: The Shins	14:20-18:09
I Will Survive: Gloria Gaynor	18:10-23:43
Moonshadow: Cat Stevens	23:44-24:28
Baby Love: The Supremes	24:29-27:14
These Boots Are Made for Walkin': Nancy Sinatra	27:15-30:00
Good Day Sunshine: The Beatles	30:01-32:06
Nightingale: Nora Jones	32:07-36:12
Son of a Preacher Man: Dusty Springfield	36:13-39:04
Walking on Sunshine: Katrina and the Waves	39:05-43:10
My House: Kacey Musgraves	43:11-45:53
True Colors: Eva Cassidy	45:54-50:43
Ain't No Mountain High Enough: Diana Ross	50:44-54:27
Beautiful Day: U2	54:28-58:16
The Girl: City and Color	58:17-60:00

SSP PLAYLISTS:

Classical Calm



[Music sample →](#)

*Access the full playlist in the Unyte Health app

SSP Classical Calm: Hour 1	Timestamp
Chopin: Mazurka No. 6 in A Minor, Op. 7, No. 2	0:00-2:08
Mozart: Piano Quintet in E-Flat Major, K. 452: II. Larghetto	2:09-11:05
Satie: 3 Gnossiennes: Gnossienne No. 1	11:06-14:17
Debussy: Petite suite, L. 65: I. En bateau (arr. for flute and harp)	14:18-18:27
Bach, JS: Violin Concerto in E Major, BWV 1042: II. Adagio	18:28-24:15
Haydn: String Quartet in A Major, Hob.III:36 (Op. 20 No. 6): II. Adagio	24:16-30:40
Chopin: Nocturne No. 17 In B, Op. 62 No. 1	30:41-38:27
Beethoven: Quintet for Piano and Winds in E-Flat Major, Op. 16: II. Grave; Andante Cantabile	38:28-45:28
Mozart: Piano Sonata No. 14 in C Minor, K.457: II. Adagio	45:29-52:57
Berwald: Piano Trio No. 1 in E-Flat Major: II. Andante Grazioso	52:58-57:17
Bach, JS: Suite (Overture) No. 5 in G Minor, BWV 1070: III. Aria	57:18-60:00

SSP Classical Calm: Hour 2	Timestamp
Vivaldi: Concerto For 2 Violins In A Minor, Op. 3, No. 8, RV 522: II. Larghetto E Spiritoso	0:00-4:10
Haydn: Cello Concerto No. 2 in D Major, Hob. VIIb:2: II. Adagio	4:11-9:56
Mozart: Cassation in G Major, K. 63: V. Adagio	9:57-15:47
Gaunod: Faust, Ballet Music: II. Adagio	15:47-19:09
Vivaldi: Concerto for Lute and 2 Violins in D Major, RV 93: II. Largo	19:10-25:00
Mozart: Symphony No. 35 in D Major, K. 385 "Haffner": II. Andante	25:01-29:31
Mozart: String Quartet No. 17 in B-Flat Major, K. 458 "The Hunt": III. Adagio	29:31-36:48
Mozart: Piano Concerto No. 11 in F Major, K. 413: II. Larghetto	36:49-44:44
Massenet: Thais, Act II: Meditation (arr. M.P. Marsick)	44:45-50:01
Mozart: Piano Concerto No. 15 in B-Flat Major, K. 450: II. Andante	50:02-55:59
Schumann: 8 Fantasiestücke, Op. 12: III. Warum?	56:00-60:00

SSP Classical Calm: Hour 3	Timestamp
Spohr: Violin Concerto No. 7 in E Minor, Op. 38: II. Adagio	0:00-8:14
Fauré: Berceuse, Op. 16	8:15-13:34
Haydn: String Quartet in D Major, Hob.III:34, (Op. 20 No. 4): II. Un Poco Adagio E Affettuoso	13:35-23:16
Stamitz: Cello Concerto No. 2 in A Major: II. Romance - Andantino	23:17-30:09
Chopin: Mazurka No. 6 in A Minor, Op. 7, No. 2	30:10-32:19
Mozart: Piano Quintet in E-Flat Major, K. 452: II. Larghetto	32:20-41:15
Satie: 3 Gnossiennes: Gnossienne No. 1	41:16-44:28
Vivaldi: Concerto For 2 Violins In A Minor, Op. 3, No. 8, RV 522: II. Larghetto E Spiritoso	44:29-48:38
Haydn: Cello Concerto No. 2 in D Major, Hob. VIIb:2: II. Adagio	48:39-54:24
Mozart: Cassation in G Major, K. 63: V. Adagio	54:25-60:00

SSP Classical Calm: Hour 4	Timestamp
Debussy: Petite suite, L. 65: I. En bateau (arr. for flute and harp)	0:00-4:09
Bach, JS: Violin Concerto in E Major, BWV 1042: II. Adagio	4:10-9:57
Haydn: String Quartet in A Major, Hob.III:36 (Op. 20 No. 6): II. Adagio	9:58-16:21
Mozart: Piano Sonata No. 14 in C Minor, K.457: II. Adagio	16:22-23:50
Berwald: Piano Trio No. 1 in E-Flat Major: II. Andante Grazioso	23:51-28:11
Bach, JS: Suite (Overture) No. 5 in G Minor, BWV 1070: III. Aria	28:12-31:27
Bach, JS: Christmas Oratorio, BWV 248 / Part Two - For The Second Day Of Christmas: No. 10 Sinfonia	31:28-37:22
Haydn: Symphony No. 87 in D Major, Hob. I-87: II. Adagio	37:23-44:31
Chopin: Nocturne No. 17 In B, Op. 62 No. 1	44:32-52:18
Beethoven: Quintet for Piano and Winds in E-Flat Major, Op. 16: II. Grave; Andante Cantabile	52:19-59:22
Giuliani: Guitar Concerto No. 1 in A, Op. 30: II. Andante siciliano	59:23-60:00

SSP Classical Calm: Hour 5	Timestamp
Stamitz: Cello Concerto No. 1 in G Major: II. Romance - Andantino	0:00-5:21
Boccherini: String Quintet in E Major, Op. 11 No. 5, G. 275: III. Minuetto - Trio	5:22-9:49
Dvořák: 10 Legends, Op. 59, B. 122: No. 5. Allegro giusto	9:50-14:25
Mozart: Piano Sonata No. 14 in C Minor, K. 457: II. Adagio	14:26-21:54
Berwald: Piano Trio No. 1 in E-Flat Major: II. Andante Grazioso	21:55-26:13
Bach, JS: Suite (Overture) No. 5 in G Minor, BWV 1070: III. Aria	26:14-29:30
Haydn: String Quartet in D Major, Hob.III:34, (Op. 20 No. 4): II. Un Poco Adagio E Affettuoso	29:31-39:13
Stamitz: Cello Concerto No. 2 in A Major: II. Romance - Andantino	39:14-46:03
Mozart: String Quartet No. 17 in B-Flat Major, K. 458 "The Hunt": III. Adagio	46:04-53:20
Mozart: Piano Concerto No. 11 in F Major, K. 413: II. Larghetto	53:21-60:00

SSP PLAYLISTS:

Classical Flow



[Music sample →](#)

*Access the full playlist in the Unyte Health app

SSP Classical Flow: Hour 1	Timestamp
Mozart: Symphony No. 27 in G Major, K. 199: II. Andantino grazioso	0:00-5:48
Mozart: Symphony No. 27 in G Major, K. 199: III. Presto	5:49-10:35
Mozart: Symphony No. 27 in G Major, K. 199: I. Allegro	10:36-15:18
Vivaldi: The Four Seasons, Violin Concerto in E Major, Op.8 No.1, RV 269 "Spring": I. Allegro	15:19-18:50
Vivaldi: The Four Seasons, Violin Concerto in E Major, Op.8 No.1, RV 269 "Spring": III. Allegro	18:51-23:14
Vivaldi: The Four Seasons, Violin Concerto in F Major, Op. 8 No. 3, RV 293 "Autumn": I. Allegro	23:15-28:03
Vivaldi: The Four Seasons, Violin Concerto in F Major, Op. 8 No. 3, RV 293 "Autumn": III. Allegro "La caccia"	28:04-31:18
Strauss II: Frühlingstimmen (Voices of Spring), Op. 410	31:19-37:28
Strauss II: The Blue Danube, Op. 314	37:29-46:49
Mozart: Piano Concerto No. 26 in D Major, K. 537 "Coronation": II. Larghetto	46:50-52:43
Haydn: Cello Concerto No. 1 in C Major, Hob. VIIb:1: II. Adagio	52:44-60:00

SSP Classical Flow: Hour 2	Timestamp
Mozart: Symphony No. 33 in B-Flat Major, K. 319: I. Allegro assai	0:00-7:55
Mozart: Symphony No. 33 in B-Flat Major, K. 319: III. Menuetto	7:56-10:50
Mozart: Symphony No. 33 in B-Flat Major, K. 319: IV. Finale: Allegro assai	10:51-15:40
Mozart: Violin Concerto No. 4 in D Major, K. 218: II. Andante cantabile	15:41-23:30
Mozart: Sinfonia concertante for Violin and Viola in E-Flat Major, K. 364: III. Presto	23:31-30:14
Mozart: Symphony No. 40 in G Minor, K. 550: I. Allegro molto	30:15-37:44
Mozart: Symphony No. 40 in G Minor, K. 550: II. Andante	37:45-45:31
Mozart: String Quartet No. 17 in B-Flat Major, K. 458 "The Hunt": III. Adagio	45:32-52:03
Mozart: Piano Concerto No. 11 in F Major, K. 413: II. Larghetto	52:04-60:00

SSP Classical Flow: Hour 3	Timestamp
Mozart: Serenade In G, K.525 "Eine kleine Nachtmusik": I. Allegro	0:00-6:05
Mozart: Serenade In G, K.525 "Eine kleine Nachtmusik": II. Romance (Andante)	6:06-12:12
Mozart: Serenade In G Major, K.525 "Eine kleine Nachtmusik": III. Menuetto (Allegretto)	12:13-14:28
Strauss II: Frühlingsstimmen (Voices of Spring), Op. 410	14:29-20:37
Strauss II: The Blue Danube, Op. 314	20:38-30:00
Gaunod: Faust, Ballet Music: II. Adagio	30:01-33:48
Vivaldi: Concerto for Lute and 2 Violins in D Major, RV 93: II. Largo	33:49-39:39
Mozart: Symphony No. 35 in D Major, K. 385 "Haffner": II. Andante	39:40-44:14
Bruch: Kol Nidrei, Op. 47	44:15-54:11
Bach, JS: Orchestral Suite No. 3 in D Major, BWV 1068: II. Air on the G String	54:12-60:00

SSP Classical Flow: Hour 4	Timestamp
Mozart: Violin Concerto No. 3 in G Major, K. 216: I. Allegro	0:00-9:39
Mozart: Violin Concerto No. 3 in G Major, K. 216: III. Rondeau. Allegro	9:40-16:19
Chopin: Nocturnes, Op. 62: No. 1 in B	16:20-24:06
Beethoven: Quintet for Piano and Winds in E-Flat Major, Op. 16: II. Grave; Andante Cantabile	24:07-31:09
Vivaldi: The Four Seasons, Violin Concerto in E Major, Op.8 No.1, RV 269 "Spring": I. Allegro	31:10-34:42
Vivaldi: The Four Seasons, Violin Concerto in E Major, Op.8 No.1, RV 269 "Spring": III. Allegro	34:43-39:03
Vivaldi: The Four Seasons, Violin Concerto in F Major, Op. 8 No. 3, RV 293 "Autumn": I. Allegro	39:04-43:51
Vivaldi: The Four Seasons, Violin Concerto in F Major, Op. 8 No. 3, RV 293 "Autumn": III. Allegro "La caccia"	43:52-47:07
Strauss II: Tales from the Vienna Woods, Op. 325	47:08-56:15
Strauss II: Schatz-Walzer, Op. 418	56:16-60:00

SSP Classical Flow: Hour 5	Timestamp
Mozart: Violin Concerto No. 4 in D Major, K. 218: II. Andante cantabile	0:00-7:49
Mozart: Sinfonia concertante for Violin and Viola in E-Flat Major, K. 364: III. Presto	7:50-14:31
Mozart: Symphony No. 33 in B-Flat Major, K. 319: I. Allegro assai	14:32-21:17
Mozart: Symphony No. 33 in B-Flat Major, K. 319: III. Menuetto	21:18-24:13
Mozart: Symphony No. 33 in B-Flat Major, K. 319: IV. Finale: Allegro assai	24:14-29:05
Debussy: Petite suite, L. 65: I. En bateau (arr. for flute and harp)	29:06-33:16
Bach, JS: Violin Concerto in E Major, BWV 1042: II. Adagio	33:17-39:05
Haydn: String Quartet in A Major, Hob.III:36 (Op. 20 No. 6): II. Adagio	39:06-45:29
Mozart: Serenade In G, K.525 "Eine kleine Nachtmusik": I. Allegro	45:30-51:34
Mozart: Serenade In G, K.525 "Eine kleine Nachtmusik": II. Romance (Andante)	51:35-57:42
Mozart: Serenade In G Major, K.525 "Eine kleine Nachtmusik": III. Menuetto (Allegretto)	57:43-60:00

SSP PLAYLISTS:

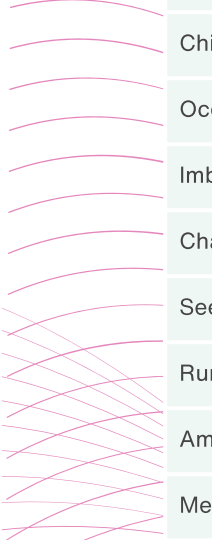
Freely



[Music sample →](#)

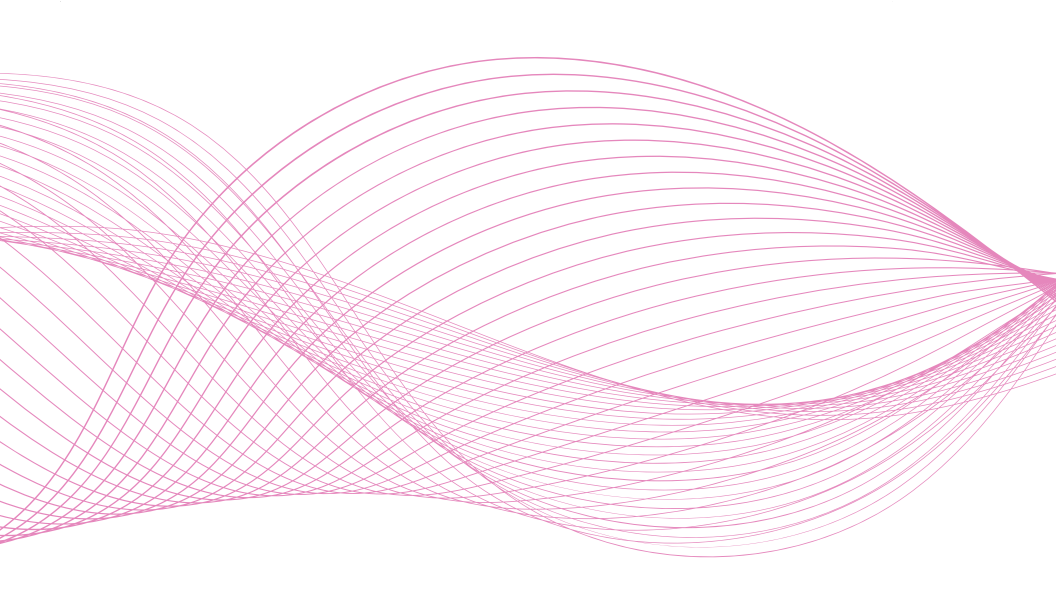
*Access the full playlist in the Unyte Health app

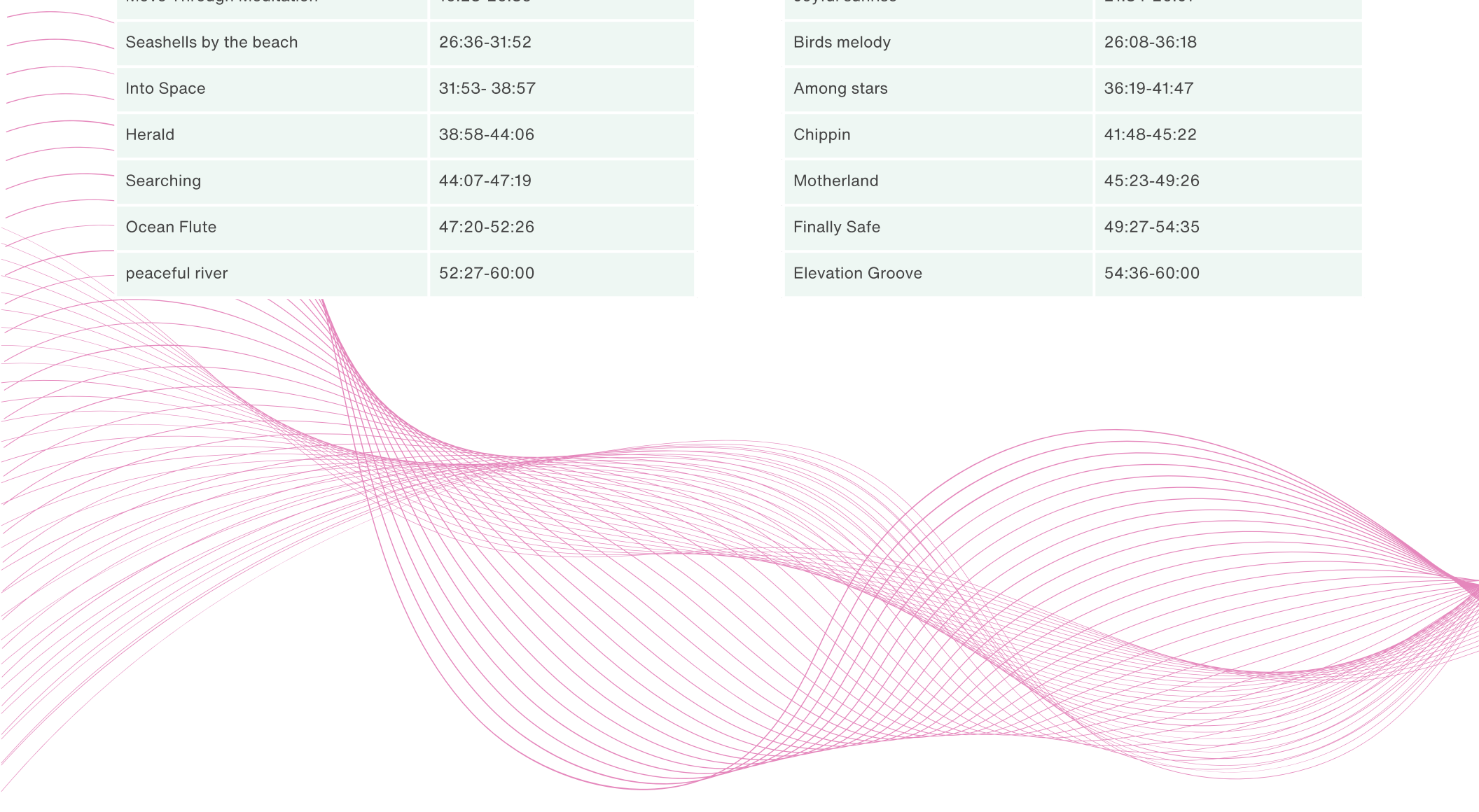
SSP Freely: Hour 1	Timestamp
Joyful sunrise	0:04:26
Open World Meditation	0:07:52
Into Space	0:07:12
Seashells by the beach	0:05:25
Dynamo	0:03:24
Searching	0:03:15
Birds melody	0:10:15
peaceful river	0:07:26
Suns and moons	0:04:48
Elevation Groove	0:05:24



SSP Freely: Hour 2	Timestamp
finding Balance	0:00-4:34
Stars Meditation	4:35-10:42
Meteors	10:43-19:38
Herald	19:39-24:38
Chippin	24:39-28:10
Ocean Flute	28:11-33:14
Imbizo Paradise	33:15-37:02
Charmer	37:03-42:02
See Saw	42:03-45:02
Run Forward	45:03-49:52
Among stars	49:53-55:36
Me and reality	55:37-60:00

SSP Freely: Hour 3	Timestamp
Space Breath Meditation	0:00-7:46
Magical Forest	7:47-14:37
Going swimmingly	14:38-19:06
The winds are changing	19:07-24:33
Star of your show	24:34-29:44
Love Groove	29:45-34:53
Smooth Sailing	34:54-40:05
Motherland	40:06-43:45
Bubbling up	43:46-47:36
Bumblebee	47:36-51:33
Smile Big	51:34-54:48
Finally Safe	54:49-60:00



A series of thin, overlapping pink wavy lines that originate from the left side of the image and flow across the bottom, creating a sense of movement and depth.

SSP Freely: Hour 4	Timestamp
Open World Meditation	0:00-7:52
Run Forward	7:53-11:31
Suns and moons	11:32-16:22
Move Through Meditation	16:23-26:35
Seashells by the beach	26:36-31:52
Into Space	31:53- 38:57
Herald	38:58-44:06
Searching	44:07-47:19
Ocean Flute	47:20-52:26
peaceful river	52:27-60:00

SSP Freely: Hour 5	Timestamp
Space Breath Meditation	0:00-7:46
Meteors	7:47-16:47
finding Balance	16:48-21:33
Joyful sunrise	21:34-26:07
Birds melody	26:08-36:18
Among stars	36:19-41:47
Chippin	41:48-45:22
Motherland	45:23-49:26
Finally Safe	49:27-54:35
Elevation Groove	54:36-60:00

SSP PLAYLISTS:

Groove



[Music sample →](#)

*Access the full playlist in the Unyte Health app

SSP Groove: Hour 1

Breath Into Sound

Spirit Drum

Samba Reggae

The Way You Shine

Can't Stop Falling

The One You're Growing Into

Love On Me

Tambor

Olalala

Blend Into You

Samba Reggae

Frequency Hum Sound Bath

SSP Groove: Hour 2

Alignment

Repattern

Clave Caribbean

You In My Arms

We Have Arrvied

Elephants in the Room

Dreamtime Pink Ocean Lullaby

We See Through It

Ragga

Your Vast Heart

Calabash

Frequency Hum Sound Bath

SSP Groove: Hour 3

Repattern

Resonance

Samba Reggae

Right Into Your Love

Long Lose Friend

Your Vast Heart

Tambor

You Got to Believe It

Dreamtime Pink Ocean Lullaby

Frequency Hum Sound Bath

SSP Groove: Hour 4

Breath Into Sound

Spirit Drum

Samba Reggae

The Way You Shine

Elephants in the Room

You In My Arms

Long Lost Friend

Clave Caribbean

We See Through It

You Got to Believe It

Calabash

Frequency Hum Sound Bath

SSP Groove: Hour 5

Alignment

Repattern

Clave Caribbean

Can't Stop Falling

Olalala

The One You're Growing Into

We Have Arrvied

Ragga

Right Into Your Love

Blend Into You

Drums of Gratitude

Frequency Hum Sound Bath

SSP PLAYLISTS: Visions



[Music sample →](#)

*Access the full playlist in the Unyte Health app

SSP Visions: Hour 1

You're Enough

Ancestors

Meditation Sequence

Travelling Thoughts

Love Cure

Transitions

Hollow

Oasis

Story of my Soul

It's OK

Running

Island Smooth

World is Ever Changing

All Around the World

SSP Visions: Hour 2

Angels

No Rest

Beam Me Up

Do you Believe

Hope it will last

Grateful

Palm Trees

Liberation

Synergy

Love Ova Here

Kindred Spirits

Melodies from Heaven

What you wanna say

Angels

Do you Believe

Jazzy Slide

Surely

Liberation

SSP Visions: Hour 3

You're Enough

No I in We

Transitions

Meditation Sequence

Take Your Time

Island Smooth

Your Love is the Greatest

It's OK

The Sun Will Come

Hope it will last

Facedown

Childhood Dreams

Heaven and Earth

Ancestors

Transcend

Synergy

Always Home

Forbidden Love

World is Ever Changing

Oasis

SSP Visions: Hour 4

Liberation

Synergy

Love Ova Here

Kindred Spirits

Melodies from Heaven

What you wanna say

Angels

Do you Believe

Jazzy Slide

Grateful

Palm Trees

Surely

Liberation

Hope it will last

Angels

No Rest

Beam Me Up

Do you Believe

SSP Visions: Hour 5

All Around the World

Running

Island Smooth

World is Ever Changing

It's OK

Hollow

Love Cure

Transitions

Ancestors

Meditation Sequence

Travelling Thoughts

Oasis

Story of my Soul

You're Enough