



DEAR FRIENDS,

As I get older, I am learning to value taking my time. I embrace any opportunity to create space and appreciate this wild journey we're all on. When I do, I remember what I enjoy most about the journey: Having a conversation with a friend, face to face. Sharing a good meal. Listening to stories through music, art and memories. Appreciating the natural world that surrounds us.

This album is about creating space for conversations, laughter, reflections, and memories. Let's soak in a breeze, watch ripples across the water, study the lines of a tree, enjoy the colors of a flower, learn the melody of a bird song, revel in the mystery of our dreams, and hear the symphony of sounds that surrounds us if we stop and listen. We are constantly pushing every day to achieve more and be more. But in that effort, let's remind ourselves to look up, breathe, listen, and let go. This album is my dedication to the unhurried journey.

WITH GRATITUDE,

*Elena*



FOR ZORA AND ALTHEA

# Brilliant New Idea

This song begins our journey. It's a reminder that our stories connect us to one another all across the world, and that we can go wherever our curiosity takes us through telling and listening to stories. It opens with the sounds of son jarocho, a folk music tradition from Mexico that I love dearly and dream of learning more one day. Our 'brilliant new idea' is to go on this journey through music and song together. We invite you to join us and sing along!

OOH - OOH - OOH - OOH

Sinuhe Padilla Isunza, intro | James Moore, banjo | Kyungso Park, gayageum | Sonia De Los Santos, harmonies | John Foti, harmonies | Rob Friedman, lap steel | Yoshi Waki, upright bass | Colin Brooks, drums | Elena Moon Park, jarana, mandolin, violin, vocals





# Flower Dance

# ផ្ការាំ

Our next song takes us to Cambodia. Over the years, I have been lucky to meet musicians from all over the world and witness the power music has to connect people across borders, languages and generations. One of these musicians is singer Yorn Young, who taught me this Cambodian folk song dedicated to the dance of flowers floating in a lake. We invite you to sing and dance along!

WITH THE FLOWERS, WE DANCE ALONG!



Yorn Young, vocals | Sam Vatanak, roneat | Hin Soth, flute | Nam Sothea, tro ou | Yoshi, upright bass | David, drums, shakers | John, harmonies | Elena, violins, vocals

# Unhurried Journey



COME ON THIS UNHURRIED JOURNEY WITH ME...

Elizabeth Mitchell, vocals | David, vibes | Brett Parnell, pedal steel | Philippa Thompson, musical saw | Rob, mellotron | Yoshi, upright bass | Colin, drums | Elena, vocals, mandolin, jarana

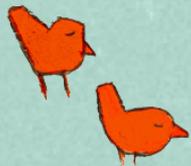
This song is inspired by a serene and beautiful scene created by artist Kristiana Parn, which reminds us to take our time on this journey. In this song I muse about the many glorious things that continue to flow around us, slow and steady. I am joined by the inimitable Elizabeth Mitchell on vocals.

# Sae Taryeong

## 새타령



Sae Taryeong is a well-known folk song from the southwestern region of Korea. It transports us to a hillside, where we hear birds singing on a spring day. We can listen to the birds' melodies and call back to them, learning their tunes along the way. The song is led by the gayageum player and vocalist Kyungso Park, alongside Gamin on piri and Nathan Koci on accordion, trumpets and french horn.



SOOK-SOOK! SOOK-SOOK!

Kyungso, gayageum, vocals | Nathan Koci, accordion, trumpets, french horn | Gamin, piri | Yoshi, upright bass | David, percussion, vibes | Sonia, vocal harmony | Elena, jarana, vocals

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Let's make some colorful clothes for our animal friends! This is a cute song in Japanese about sewing silly outfits for animals. I learned a lot about different kinds of animals from my friends Mariana and Roger, who stopped by the studio to help Aki-ko and me sing this song. We're accompanied on drums by Shayna Dunkelman, who channeled the animal spirits through her rhythms.

Akiko Hiroshima, vocals | Shayna Dunkelman, drums | Mariana and Roger, animal experts | Domenica Fossati, flute | Brett, pedal steel | Yoshi, upright bass | Elena, mandolin, vocals



HIITE, HIITE, TON TON TON!

# Ito Maki

My friend Ya Yun has introduced me to great Taiwanese songs over the last decade. This song is about stepping on sticky tar and then smelling hot stew that makes your mouth water. For me, the smell of food always takes me on a journey -- one of comfort or fond memories or adventure. This is an homage to the great meals that have brought us all together. The brilliant vocalist and percussionist Sayun Chang sings this with me.

Sayun Chang, vocals, percussion | Angélica Negrón, electronics | Alex, trombone | Nathan, trumpet | Rob, electric guitar | Yoshi, upright bass | Colin, drums | Elena, vocals, jarana



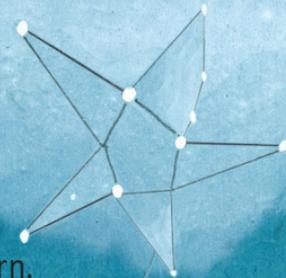
# Dia Mal Ka

DIA MAL KA, LIAM DIO KA

點仔膠

# Flying Starfish

I sang this song to my niece Zora when she was born, making it up as I went along. While holding her for the first time, I thought of all the exciting adventures coming her way, the transformations and changes that come with them, and how her family would always be waiting for her when she returns. Fly, and be free! The world is yours to see.



FLY, AND BE FREE...



David, vibes | Angélica, electronics | Philippa, musical saw | Sonia, vocal harmony | Elena, jarana, musical saw, vocals

# Springtime in my Hometown

Kyungso, gayageum, vocals | Gamin, piri, saenghwang | Dan Zanes, banjo | Brett, pedal steel | Yoshi, upright bass | David, percussion | Colin, drums | Nathan, accordion | John, vocal harmony | Elena, violin, mandolin, jarana, vocals

We return to Korea for this tribute to springtime. I learned this song from gayageum player Kyungso Park, who joins me once again to meld these two versions of the song together. Together we sing this melody of the springtime harvest, and invite you to sing “oh-lo-lo” along with us.



OH-LO-LO-LO,  
SANG SA-RE-YO

Sonia, Dan, Claudia Eliaza, vocals | John, piano, vocal harmony | Nathan, trumpet | Alex Asher, trombone | Yoshi, upright bass | Colin, drums | Rob Friedman, organ | Elena, acoustic guitar, jarana, trumpet, vocals

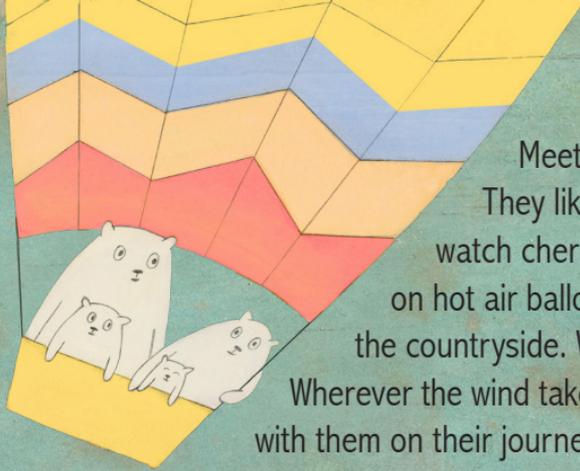
LET IT COME!

LET IT GO!



The next song on this journey takes us to a singalong, where every other line is “let it come, let it go.” This song is inspired by another lovely piece of art by Kristiana, called Let It Come and Go. Its title reminds me to soak in each moment, then let it blow away like the wind. The track features some beloved bandmates from Dan Zanes and Friends, plus Claudia Eliaza and my favorite horn section, Alex and Nathan.

# Let It Come, Let It Go



Meet the Musikaru family!  
 They like to hike in the mountains,  
 watch cherry blossoms bloom, and go  
 on hot air balloons rides together through  
 the countryside. Where are they going?  
 Wherever the wind takes them. We can sing along  
 with them on their journey. La-la-la!

LA - LA - LA - LA ...

# Musikaru Ride to the Mountain

Akiko, vocals | Angélica,  
 synthesizers | Colin, drums  
 | Elena, vocals | Mariana,  
 la-la's

# Pong Dang Pong Dang

This is a Korean children's song about the simple pleasure  
 of throwing pebbles into a stream and watching the ripples in  
 the water -- while your sibling is on the other shore washing  
 vegetables! I am joined by the power duo of Dan Zanes and  
 Barbara Brousal, who transform the song into a rhyme in  
 English. Jean Cook joins me on harmony, and Min Xiao Fen  
 adds pipa.

Dan, acoustic guitar, vocals | Barbara Brousal, vocals | Jean Cook, vocals | Min  
 Xiao Fen, pipa | Yoshi, upright bass | David, percussion | Elena, mandolin, vocals

HO TO HO TO

SKIP, SKIP, SKIPPING STONES!



# Hanagasa Ondo

花  
笠  
音  
頭

Here's another flower dance! This Japanese folk song from the Yamagata Prefecture accompanies a dance performed with a flower straw hat. It is sung with style by Akiko Hiroshima and Sumie Kaneko, accompanied by Kaoru Watanabe on taiko drums and fue. You can join Kaoru, Akiko, Mariana and me on the kakegoe, or responses, by yelling "choi, choi!" and "ha yasho makasho!"

CHOI, CHOI!  
HA YASHO MAKASHO!

Akiko, vocals | Sumie Kaneko, shamisen | Kaoru Watanabe, taiko, fue | Yoshi, upright bass | Mariana, kakegoe | Elena, mandolin, vocals



Happy new year! People like to sing this popular Chinese song to celebrate the Lunar New Year. New year's is my favorite holiday, and I love to sing songs to celebrate. We can congratulate each other by saying "Gong Xi! Gong Xi!" Because this is a celebration, it might get a little raucous. Annie Chen sings this one with me, while Gamin and Domenica play along.

Annie Chen, vocals | Domenica, flute | Gamin, piri | David, gongs | Alex, trombone | Nathan, trumpet | Mariana and Roger, chorus | Rob, electric guitar | Yoshi, upright bass | Colin, drums | Elena, jarana, vocals

恭  
喜  
恭  
喜



Gong Xi Gong Xi

# Underneath the Marshmallow Tree

Rob, electric guitar, acoustic guitar, mellotron, organ | James, electric guitar | John, piano | Nathan, trumpet | Sonia, vocal harmony | Yoshi, upright bass | Colin, drums | Elena, vocals, jarana, trumpet

WE'LL FLY THROUGH THE NIGHTTIME SKY!

We dream of the past, the present and the future. We dream of glorious colors and swirling sounds. We dream of greatness and tenderness. Dreams can take us places. This song invites us to fly through the nighttime sky and dream together. It is dedicated to the magical world of music that I've been lucky enough to share with so many musical friends -- to the rocket ship daydreams and swallows (golondrinas) in flight!



I learned this Indonesian song years ago from my friend and incredible vocalist Peni Candra Rini. It is a magical song about a butterfly that slips away. The sound of the vibes, played beautifully by percussionist David Cossin, whisks me away to the shores of a lake at dawn, where we watch the world come alive with patience and love.



# Counting the Waves (Kupu Kupu)

Peni Candra Rini, vocals | David, vibes | Isabel Castellvi, cello | Elena, violins, vocals



COLIN

SAM

ANGÉLICA

YOSHI

PHILIPPA

ELIZABETH

CLAUDIA

DAN

GAMIN

DAVID

JAMES

KRISTIANA

ROGER

MARIANA

ELENA

KAORU

ALEX

BARBARA

KYUNGSO

NATHAN

SHAYNA

NAM

JOHN

YORN

SAYUN

AKIKO

PENI

SONIA

ANNIE

DOMENICA

BRETT

ISABEL

JEAN

SUMIE

MIN

ROB

Produced by Elena Moon Park and Rob Friedman  
Recorded, mixed and mastered by Rob Friedman at littlelife studios  
and David studios, NYC

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Design by Adrianna Helfrich  
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Photos courtesy of the artists.

All songs written by Elena Moon Park or traditional  
arranged by Elena Moon Park / moonpark music (ASCAP), except:  
Ito Maki, written by Yoshiko Kouyama and Akihiro Komori, TV Asahi Music  
c/o Universal Music Publishing  
Dia Mal Ka, written by Shi-Fu Zhen.  
Pong Dang Pong Dang, composed by Nanpa Hong, lyrics by Seokjung Yoon  
Gong Xi, Gong Xi, written by Chen Gexin, , EMI Blackwood Music, Inc.

For more information, including lyrics in original languages, translations of  
songs, photos and more, please visit: [www.unhurriedjourneymusic.com](http://www.unhurriedjourneymusic.com)  
For more beautiful artwork, visit: [www.kristianaparn.com](http://www.kristianaparn.com)  
For more about Elena, visit: [www.elenamoonpark.com](http://www.elenamoonpark.com)

A portion of proceeds from this album will be given to DonorsChoose.org, to support creative  
education in our schools.

## THANK YOU...

To Kristiana Parn, whose artwork inspired the idea for this album. I've  
greatly appreciated our partnership and friendship for the past decade.  
This album is made possible by the magical worlds you create.

To all the brilliant musicians and artists who participated in this album. You  
are all wonderful people and friends, and your artistic excellence amazes  
me every day.

As always, to Rob Friedman for making it all sound terrific and putting up  
with my many musical requests. And to Stephanie, for helping these songs  
reach as many people as possible.

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