

AAPO HEINONEN QUINTET
HEALING FLOWS

1. Daily Mirages (8:02)

Ville Vannemaa – alto sax
Aapo Heinonen – piano, synthesizer
Veikki Virkajärvi – electric guitar
Teija Sotikoff – vocals
Pasi Toivanen – electric bass
Tomi Saikkonen – drums, percussion

2. Rude Enough (7:13)

Aapo Heinonen – piano, synthesizer
Ville Vannemaa – tenor sax
Veikki Virkajärvi – electric guitar
Pasi Toivanen – electric bass
Tomi Saikkonen – drums, percussion

3. Swedish Sorrow (5:48)

Aapo Heinonen – piano
Ville Vannemaa – soprano sax
Pasi Toivanen – electric bass
Tomi Saikkonen – drums

4. Orphanarium (6:50)

Aapo Heinonen – piano
Ville Vannemaa – soprano sax
Veikki Virkajärvi – electric guitar
Pasi Toivanen – acoustic bass
Tomi Saikkonen – drums

5. Insight Into Sight!?! (7:04)

Ville Vannemaa – tenor sax
Veikki Virkajärvi – electric guitar
Aapo Heinonen – piano, synthesizer
Pasi Toivanen – electric bass
Tomi Saikkonen – drums, percussion

6. Swindler's List (6:20)

Aapo Heinonen – piano
Ville Vannemaa – tenor sax
Veikki Virkajärvi – electric guitar
Pasi Toivanen – acoustic bass
Tomi Saikkonen – drums

7. Healing Flows (9:45)

Teija Sotikoff – vocals
Veikki Virkajärvi – electric guitar
Aapo Heinonen – piano, synthesizer
Ville Vannemaa – alto sax
Pasi Toivanen – electric bass
Tomi Saikkonen – drums, percussion

8. News From The Past (7:43)

Aapo Heinonen – piano
Teija Sotikoff – vocals
Ville Vannemaa – tenor sax
Lotta Pitkänen – violin
Pasi Toivanen – acoustic bass
Tomi Saikkonen – drums

HEALING FLOWS

When it comes to the arc of these compositions, there are so many meticulously composed and arranged sections in these songs that I consider myself more of a composer and a band leader than a solo pianist. I find this music to be closer to modern big band music played by a small ensemble than traditional contemporary jazz - whatever that means. On our last recording *A Daydream Between Nightmares*, my piano playing was more at the center of the music, while this time most of the solos are played by saxophonist Ville Vannemaa and guitarist Veikki Virkajärvi. This is why the album carries the name of Aapo Heinonen Quintet (unlike the previous one which had only my name on the cover), even though there are actually less pieces

played by our original quintet here than on the previous album.

On this album there are also great vocal performances by Teija Sotikoff, which add elements of gentle world music and film scores to the mix. However, it is always difficult to categorize music, and in most cases it is not even worth the effort to do so. At the moment, there is such a variety of music made, and so many different kinds of jazz groups just in Finland, that it is almost sad how everything that comes out of here is placed under the label of 'Suomijazz' (Finnish jazz). I would like to thank especially all the great Finnish musicians I have had a chance to work with. Your inspiration has been immensely rewarding!

THANKS TO

My band members Ville Vannemaa, Veikki Virkajärvi, Pasi Toivanen and Tomi Saikkonen for their great playing and generous support; the wonderful guest performers Teija Sotikoff and Lotta Pitkänen; Fg Naxos for their valuable effort; Jarkko Sallinen and Silja Nummi; Hannu Lamminmäki for a great job and his endless patience; Varistoteles Studios and Markku Veijonsuo; Everyone who decided to buy this album - I hope every moment you listen to this music is better than it would be without it!

Very special thanks go to all our families, girlfriends, wives and loved ones for their care and support.

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Let the music flow! - Aapo Heinonen



Aapo Heinonen
Ville Vannemaa
Pasi Toivanen
Tomi Saikkonen
Veikki Virkajärvi

piano, keyboards
alto, soprano & tenor saxophones
acoustic & electric bass
drums & percussion
electric guitar (tracks 1, 2, 4, 5, 6, 7)

Teija Sotikoff
Lotta Pitkänen

vocals (tracks 1, 7, 8)
violin (track 8)

All compositions by Aapo Heinonen
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Mixed and Mastered by Hannu Lamminmäki
Photos by Juha Vuorinen
Piano Tuning by Mika Latvala
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