

Nahre Sol performs, composes and teaches an eclectic mixture of music that draws from aspects of improvisation, the avant-garde, traditional Western forms and harmony, jazz, and minimalism. She runs a notable series of videos on Youtube that distill her distinct perspective as a classically-trained pianist with an insatiable appetite for new ideas about music theory, harmony, practicing, and composition. She has gained notoriety and over half a million subscribers through her videos breaking down the stylistic elements of great classical composers and documentaries that share excursions into various genres she explores. In 2019-2020, she was the co-host of Sound Field, a music channel by PBS Digital Studios alongside drummer Arthur Buckner.

She holds degrees from The Juilliard School and The Glenn Gould School of The Royal Conservatory of Music in Toronto. In 2013 she was a recipient of the Harriet Hale Woolley Grant, which enabled her to study in Paris under Gabriel Tacchino and Narcis Bonet, pupils of Francis Poulenc and Nadia Boulanger. Nahre's music has been premiered in New York City, Buenos Aires, Paris, and Toronto by artists and ensembles such as Ema Nikolovska, Kunal Lahiry, The Happenstancers, the Manitoba Chamber Orchestra, Michael Hey, Julian Martin, Han Chen, and Jeremy Smith. She has also contributed to the soundtrack of Boss Baby II upon invitation from Hans Zimmer and Steve Mazzaro, and composed music for the Rayark video game DEEMO II. Nahre is a regular guest speaker and teacher at institutions such as the Carnegie Mellon University, Boston University, M.I.T., Syracuse University, and University of Costa Rica, among others.