

MUSIC

MEDITATION AND MUSIC A MATCH

RELAXATION SESSION HELD THIS SUNDAY

Kate Crawford

FOR Mosman pianist Katy Tsai, live music is a perfect match for meditation.

Tsai, along with music therapist Bek Wermut, offers sessions where people can learn and practice meditation and then experience a relaxing live music performance.

One of their music meditation sessions will be held this Sunday at Kirribilli.

“During our 40-minute live music performances, people become completely relaxed - the vibration of the music penetrates every part of their body and brings

MUSIC MEDITATION

WHERE: Kirribilli Neighbourhood Centre

WHEN: This Sunday, 4pm-5pm

COST: \$20

BOOKINGS:
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people back to who they really are,” Tsai says.

The music is original compositions created by Tsai and Wermut involving the piano, guitar and additional instruments like Tibetan singing bowls.

Tsai and Wermut have now also produced a CD

called *Budha's Playground* featuring their “acoustic music for the soul”.

“People have such busy, stressful lives, and music can bring them back to inner bliss, to their inner sanctum,” she says.

Tsai was born in Taiwan, studied at the Sydney Conservatorium and is a music teacher at Monte Sant' Angelo. She also performs with the ensemble The French Revue with fellow Mosman resident Sylvie Renau-Carmel.

Budha's Playground is available through iTunes or post via bwermut@hotmail.com



Pianist Katy Tsai offers meditation through music.