

ROZELLE

Tranquil setting hits one top note

MEDITATION WITH STYLE

Kate Crawford

BRING a pillow, mat and blanket to make yourself comfortable.

Meditation teacher Lynda Kerr and classical pianist Katy Tsai have a program to inspire, create space for dreams and the capacity to love, evolve and transform. For pianist Katy Tsai, live music is perfect for meditation. Kerr and Tsai offer sessions where people learn and practise meditation and then experience relaxing live music.



Katy Tsai will provide live music at meditation sessions.

"During our 40-minute live music performances, people become completely relaxed – the vibration of the music penetrates every part of their body and brings people back to who they really are," Tsai says.

The music is original piano compositions created by Tsai, born in Taiwan.