



Meditate to classical piano music with Katy Tsai (right) and Athil Singh.

Picture:
DAVE SWIFT

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Breathing to the classics

LIFE is bound to be more harmonious when you take up meditation classes with resident and classical pianist Katy Tsai.

Ms Tsai will play classical piano music to accompany a special meditation session for beginners next Friday, March 6.

Meditation teacher Athil Singh will conduct the

meditation, starting with breathing and light stretches, followed by an introduction to meditation for beginners.

“Music can reach into the part of you that wants to live passionately, truthfully and without fear,” Ms Tsai said.

“Our program is designed to help you forget about the real world, listen-

ing to music note by note, breath by breath.”

The session will be from 7.30pm to 8.30 pm at Mosman Art Gallery, Myahgah Rd.

Tickets are \$20, free for 16 years and younger. Please bring cushions and blankets. Chairs provided.