

# Duo helps you forget the world



## KATE CRAWFORD

LIVE music and meditation will be a restful combination at the North Sydney Community Centre on Sunday.

Mosman pianist Katy Tsai will play classical music while Athil Singh guides people through meditation for beginners.

The pair conducted a similar session in Mosman in February and are back by popular demand.

“You can forget the real world for a couple of hours and just sit quietly, listening to music, note by note, breath by breath,” Tsai said.

“You can lie down or be seated, even bring your blankets to get really comfortable and allow yourself to experience music as a meditation.”

Tsai said the program was designed to “inspire, create space for dreams and the capacity to love, evolve and transform”.

Tsai will play compositions by Debussy, Yann Tiersen and Ludovico Einaudi.

Music Mediation will be held at the centre, 220 Miller St, North Sydney on Sunday at 11am. Cost is \$20 and \$15 for students.

**Katy Tsai and Athil Singh will help people relax with music and meditation.**

Picture: DAVE SWIFT

» **Bookings to [katytsai@me.com](mailto:katytsai@me.com)**