

Music Based Mindfulness

Music Based Mindfulness: a Music-centred experiential process based on the principles of mindfulness and music psychotherapy



Music Based Mindfulness is the awareness that emerges through being attentive, in the present moment, and non-judgementally, to responses evoked by specifically chosen music. It involves the practice of getting in touch, moment by moment, with the direct experience of life as it unfolds. It involves settling into awareness itself. It is much more than just thoughts and feelings; it is an awareness of the whole person in the context of life, in which all of the other events of mind and body unfold. It is a different way of knowing; a different way of being. It is a process as well as a method. Specifically chosen music provides a safe container supporting this awareness.

Brigid's Well, Kildara Centre
Rear 39 Stanhope Street, Malvern
Wednesdays, June 2, 9, 16, 23
2.00 – 4.00pm

Cost: \$10 per session

For Bookings: Phone: 95097906; email: kildara@netspace.net.au

Facilitator: Carolyn Van Dort

Music Therapist & Psychotherapist

Carolyn has over ten years experience as a music therapist working in private practice as well as teaching Courses in Guided imagery and Music at Certificate and Diploma level at the University of Melbourne. Also a wife, mother and grandmother, she is a qualified trainer for the Bonny method of guided imagery and music. Carolyn's own experience with cancer informs her understanding and her work with chronic illness in particular.

