

BODY-MIND-MUSIC-WELLNESS

CHANGE YOUR PERSPECTIVE, CHANGE YOUR LIFE

A LIGHTNER METHOD™
RESIDENCY

sponsored by Western Music Gift Fund



January 23-27, 2017

Start your day with A Musician's Guide To The Body!

- Learn to move, play, sing with ease.

8:30am – 9:20am, Tuesday - Friday, MB 254

Take lunch and explore core themes of well-being in music!

- Transform negative mental chatter to clear thinking
- Navigate performance anxiety with grace
- Dynamic expression for instrumentalists and singers

12:30 – 1:20pm, Monday, MB 254

12:30 – 1:20pm, Tuesday, MB 241

12:30 – 1:20pm Wednesday, MB 254

12:30 – 1:20pm, Thursday, MB 321

12:30 – 1:30pm, Friday, MB 241

Bring Babet Lightner to your studio lesson!

- A chance to address your specific needs in body, mind and artistry.

To schedule a lesson or for more information contact Prof. Moir

E: jmoir@uwo.ca, MB 245