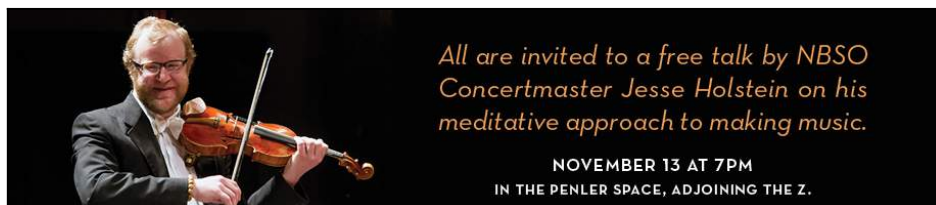


Music and Meditation Talk by NBSO Concertmaster Jesse Holstein



Mark those calendars!

On Thursday, November 13, NBSO Concertmaster Jesse Holstein will present “Mindfulness and Musical Performance: A Meditative Approach to Making Music,” a talk on the ways mindfulness meditation can be a part of how one practices and performs music.

Jesse has been exploring the connections between mindfulness and music for several years and will share how mindfulness has deepened his approach to practicing and performing music. In the fall of 2013, Jesse was granted a sabbatical from Community MusicWorks and the New Bedford Symphony to study how and where music and mindfulness intersect.

This included a trip to Plum Village in Bordeaux France, to study and practice mindfulness with the venerable Vietnamese Zen monk Thich Nhat Hanh and his monastics. He has worked at Community MusicWorks, a youth and family mentoring program through music education, since 2001 and has been Concertmaster of the New Bedford Symphony since 2003. He lives in Federal Hill in Providence, Rhode Island. The presentation will take place at 7pm in the Penler Space, adjoining the Zeiterion Performing Arts Center, and is free and open to the public.

Free parking is available in the Zeiterion Parking Garage.

