

Sounds & Silence

Music & Mindfulness

23-25 May 2014

Anam Cara Retreat Centre, Inverness

Intuitive Music-making & Meditation:
Everyone with or without musical training welcome!

Sitting, walking and eating meditation are wonderful ways to refresh and renew body and mind. We will use mindful listening, sound and music to deepen the connection with ourselves and with nature. Indoors and outdoors, we will create music in the moment with percussion instruments from around the world and whatever instruments you bring. We will take time to discover the source of our inner music and explore the music of our hearts.

"Deep listening and improvising in nature were a profound and beautiful experience, helping me to connect with life on a very deep level."

"Many thanks for a deeply inspiring and fun time!"

"I loved the freedom to explore my creative side with gentle encouragement. It was delightful!"

£210 (£170 concessions)

Booking & information:
Anam Cara Retreat Centre
Tel: 01463 711702
welcome@anamcara.org
www.anamcara.org



Susanne Olbrich is a pianist, composer and music teacher living at Findhorn. She has been studying and practising Mindfulness

Meditation with Zen master Thich Nhat Hanh for many years and trained in Mindfulness-Based Stress Reduction. Her own music crosses boundaries between classical, folk, world music and jazz.

www.myspace.com/susanneolbrich