Mindfulness is a counterculture in a society that values busyness and burnout as indicators of success and status. Teachers and students alike are more distracted, divided, and overcommitted than any generation before. Fortunately, our greatest resource is how we choose to direct our attention at any given time. Contemplative education is a philosophy of teaching that integrates introspection and experiential learning to develop awareness and self-understanding, to help students learn who they are, search for larger purpose for their lives, and become fully actualized human beings. Leaders in this growing field envision an education that facilitates the realization of our connection to each other, opening the heart and mind to true community, deeper insight, sustainable living, and a more just and compassionate society. Although mindfulness is a recent and popular trend in Western culture, it is frequently misunderstood and oversimplified. In this seminar we will explore the research on the benefits of mindfulness, strategies for implementing contemplative pedagogy in the music classroom, and applications of mindfulness to manage performance anxiety and strengthen music-making skills. We will emphasize accessible, informed, and inclusive mindfulness practices that encourage social connection, self-determination, and more joyful and transformative musical experiences.

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