

31
OCTOBER
2024

12.30 – 14.00

University of Luxembourg

Belval Campus, Maison des Sciences Humaines (MSH)
Black Box



**Education
& Social Work**

Bachelor in Music Education (BEM)

Open to the public

Mindfulness for Musicians:

Introduction to the fundamentals and the benefits for musicians emotional and attentional regulation skills

ABSTRACT

Mindfulness is widely recognized for its positive impact on enhancing attention and emotion regulation skills, particularly in managing music performance anxiety and promoting overall mental health and wellbeing. This lecture aims to introduce music students and teachers to the core principles of mindfulness, focusing on its health benefits, underlying mechanisms, and specific advantages for musicians. After the talk, the session will conclude with a discussion, providing opportunities for participants to ask questions, share personal experiences, and receive practical guidance.

The overarching goals are to inform attendees about mindfulness and its applicability to musicians, engage them in adopting these practices, and equip them with practical skills to manage the psychological demands of their musical training and support their mental health in the long term. Looking ahead, the aim is to explore the potential integration of mindfulness practices into the conservatoire curriculum, aiming to enhance music students' wellbeing and performance excellence.

SPEAKER



Laura Serra Marin
University of Luxembourg

ORGANISATION & CONTACT

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REGISTRATION



Via: <https://bit.ly/LSerra>

Pictures will be taken during the event. If you do not wish that your picture is taken, please inform the organisers upon arrival.



FACULTY OF HUMANITIES,
EDUCATION AND
SOCIAL SCIENCES