

# Music for Transition

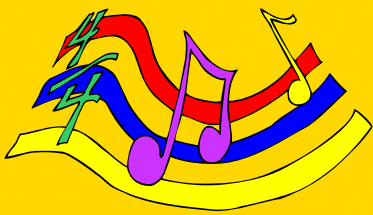
Experience A **Life Changing  
Weekend** with

Dr. Arthur Harvey  
*Music For Health Services*

& Kimo Hussey  
*Pacific Music Foundation*

*Experiencing  
Exploring &  
Entraining with  
Music That Soothes*





# Music for Transition

## *A Transition Experience...*



Teaching

Relaxation

And

Natural

Stress

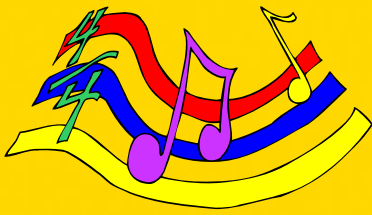
Interventions

Through

Insights

Of

Neuromusicology



# Music for Transition

## A Participatory MUSIC Enrichment Experience

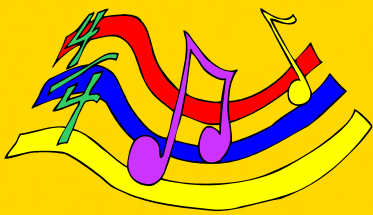
### Friday

- 6:30 Aloha – Registration
- 7:30 A Music Experience – Music That Soothes
- 9:00 Understanding our Responses to Music
- 10:00 Getting to Know Each Other

### Saturday

- 9:00 Stress Management through Music
- 10:00 Introduction to playing the Ukulele
- 11:30 A Drum Circle Experience
- 2:00 How Music Affects our Brain
- 3:30 Ukulele Skill Development
- 4:30 Listening for our Health
- 6:30 Singing for our Health
- 7:30 A Music Experience – Guided Imagery with Music
- 8:30 Ukulele Repertoire Development





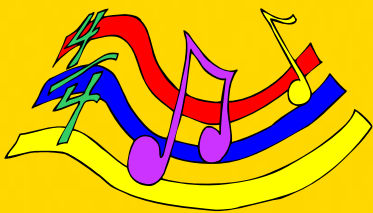
# Music for Transition

A Participatory MUSIC Enrichment Experience

Sunday

- 9:00 Music That Soothes
- 10:30 Exploring Music as Therapy
- 11:30 Music as a Spiritual Experience
- 1:30 Drumming to Beat Stress
- 2:30 Stress Management through Creativity
- 4:00 Ukulele as accompaniment
- 6:30 Evaluating Music As Transition
- 7:30 A Participatory Music Making Experience





# Music for Transition

## Program Goals

1. To Experience Music as a participatory stress management process
2. To Explore therapeutic applications of ukulele, drumming, & singing.
3. To Enrich neurological functioning through musical experiences
4. To Educate participants in basic music information and skills useful for use as a relaxation and stress management tool.

