



# WORKSHOP Arts & Medicine

## Music for Health and Wellbeing

### The Compassionate Voice ~ Listening & Responding in Clinical Health Care

How to utilize music, sound & voice for enhanced self-care, mindful self-compassion & improved communication

**December 28 & 30, 2021**  
Tues & Thurs, 11:00am - 1:30pm

Learn more and Register  
[mentoring2success.com/](https://mentoring2success.com/)

**Course Fee:** \$ 2997, Group Rate\*  
maximum 6-18 participants



December 28 & 30



100% Live Virtual  
Zoom

## WORKSHOP DESCRIPTION

In this workshop you will:

- Gain several empirically-tested strategies using music and sound as micro-interventions in powerful self-care methods for improving wellbeing of self and others.
- Learn how to respond compassionately to life's challenges by listening to your inner voice.
- Discover how to transform states through music and sound for 4 key benefits: improved focus, enhanced energy, sustained flow, increased relaxation.
- Practice utilizing music and sound meditatively to enhance mindful self-compassion while delivering care, and caregiving.

## WORKSHOP DIRECTOR

Jeffrey W. Cupchik, PhD, BMus



Commonwealth Scholar and Trudeau Fellow, York University Adjunct Professor Jeffrey W. Cupchik is a medical ethnomusicologist, composer, musician, educator, and author of a forthcoming book, *The Sound of Vultures' Wings: The Tibetan Buddhist Chöd Ritual of the Female Buddha Machik Labdrön*.

Having studied closely with Tibetan Buddhist masters for over 25 years, he contributes a unique perspective to cultivating wellbeing through music, voice, and meditation.

*Drawing upon his successful online course curriculum, "Music for Health and Wellness" at York University, he guides you through experiencing empirically-tested tools and strategies that employ music, sound, and voice that can lead to **human flourishing**.*

**LEARN MORE**

### Registration

[mentoring2success.com/workshops](https://mentoring2success.com/workshops)

**Course Fee: \*Group Rates**  
Special Early Bird Rate also available!  
\$2397 with advanced registration.

### Contact

[cupchik@gmail.com](mailto:cupchik@gmail.com)

tel: 647-833-7254

Suggest to donate: <https://www.machik.org/donate.html>