

# MINDFULNESS PAINTING WITH LIVE MUSIC

with Tina Ramos Ekongo (art) and Johanna Leung (music)



*'We came here as a family, making the workshop a lasting memory we'll treasure for a lifetime.'*

*'A wonderful day to unwind, enjoying music and painting while meeting new people'*

-participants of Mindfulness Painting with Live Music



Participants in this session will be invited to join a floor base free-painting experience that integrate movement and art while using paints, brushes and watercolours on giant paper guided by internal rhythm responding to original live classical contemporary music tailor to the workshop.

This workshop emphasizes the important role of music, arts, and creativity in enhancing the well-being and mental health of both young people and adults. The workshop is structured into 3 sessions; ice breaking warm-up, mindfulness painting and music making.



The session will conclude with musical games with live classical music. This session will allow participants to submerge in the art, get lost in the soundscape and create art without boundaries. This workshop is suitable for children and Adults.

Participants will collaborate to create a musical composition inspired by their painting and perform it together as a group.



Workshop duration: 2 hours

