

## Music Program Retreat

The Music Program Retreat is a one-day gathering of Music majors, minors, and faculty in the Music suite of Nalanda. Occurring every semester, majors must attend the retreat at least four times during their program. The retreat acts as an orientation for new students and a "check-in" for ongoing majors. Throughout the day, we explore the connections between mindfulness, music, and community through sitting practice, solo performance, group collaboration, and improvisation. Students and faculty discuss the business of music as well as best practices for the equipment and rooms in the Music suite. Finally, students are provided with the skills necessary to set realistic goals and intentions for their musical journey, through several one-on-one meetings with faculty. Open to Music majors and minors only.

Course Number: MUS248

Unit: 0.5

Program: UNDG Music