



OCT 22 | 10AM-4 PM | UNM ART MUSEUM

OPEN TO ALL UNM FACULTY, STUDENTS, AND STAFF

MINDFUL LOOKING AND LISTENING

A day-long workshop examining the relationship between mindfulness, music and the visual arts. With guided art/music appreciation sessions and live music performance.

**Featuring: UNM Honky Tonk Ensemble, New Mexico Songwriters
& the Abe Frank String Quartet**

Come for 20 minutes, or stay the whole day!

**Sessions Include: "Slow-looking with art" by Justine Andrews, a roundtable on
Contemplative Pedagogy for UNM teachers, and Mindful Listening Sessions led by Kristina
Jacobsen & Matt Forte**

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