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