

MUSIC

&

WELLNESS

WHAT IS **MUSIC THERAPY**?

Music has the magical ability to elevate one's mood and act as a tool to promote wellness.

Music therapy is a goal-oriented approach that harnesses **this** therapeutic quality of music to support individuals in enhancing their mental health and overall well-being.



Have **you** tried communicating using music?



This is an experiential workshop where you can explore your musicality by being a part of a drum circle, express yourself using various instruments, and discover the therapeutic benefits of music.

Immerse **your** senses and indulge yourself in the musicking process.

Who can attend this?

Anybody can be a part of this experiential music program. There are **no** age restrictions.

Is a background in music necessary?

You **don't** need to have any prior music experience/ training to be a part of this program.



What can you expect from this event?

- ▣ A novel musical experience
- ▣ A safe space for expression
- ▣ Group drumming techniques
- ▣ Improve social communication and connectedness through music
- ▣ Make new friends and learn new skills
- ▣ A gateway to experience the uniqueness of music and self

Musical instruments will be provided for all participants.

TESTIMONIALS

"Energetic, fun and interactive"

- Shreemathi, 21

"For me personally, interacting and just jamming with all these people made me so happy. Language was no barrier, and I would love to take part in more such sessions by Aditya, here in London. "

- Jacob, 38

"One-of-a-kind musical experience"

- Meenakshi, 60

"I came in with zero expectations, but I must admit, it was one of the most immersive workshops I've attended"

- Srinivas, 27



FACILITATOR



ADITYA

KAMAKSHINADHA

Certified Music Therapist
Multi-Percussionist
Author

Aditya is known for empowering people to unleash their true potential through Music Therapy. He was awarded the "Best Outgoing Student Award" by Chennai School of Music Therapy for the year 2021.



As a clinical music therapist, he strives to understand how music can enhance creative expression and empower individuals to become better versions of themselves. His strong passion for music and his unconstrained curiosity keeps him going.

કૌટિયા

Get in touch!



kaditya97@gmail.com



+91 7305352883



Enjoy Life

Celebrate Rhythm.