Die Schöne Müllerin Project
Bringing yourself fully to Music-making:
The radical connections of music and wellness

Our schedule at every university is a bit different and is designed to fit into the regular schedule for participating students and Faculty members. Here is what a three-day DSM residency can look like:

- Day 1:
  - Voice/piano duos work individually with Colin and Laura. (We recommend 45-60 minute sessions, as possible)

- Day 2:

  - **DSM Wellness Workshop – The Radical Connections of Music and Wellness (2-3 hours)**

  - The DSM wellness workshop incorporates tools and techniques for musician wellness and mental health through an integrated and experiential lens, while viewing the music student experience as a holistic process. Self-compassion is a foundational piece of this work and reminds students that growth happens differently for each of us. Creating a safe environment for learning takes priority in the session, and students are encouraged to maintain awareness of their own boundaries and needs throughout the learning process. Journals are provided for participant self-reflection.

    The workshop will include:
    -Introducing the concept of self-compassion both through teaching and experiential work and exploring how this can facilitate growth for musicians. Practising compassion for the young miller on his emotional journey serves as a starting point for personal compassion, while also being integral to performing this song cycle.
    -Teaching and practicing self-regulation tools including yoga postures, breathwork and grounding. These tools will be used throughout the DSM project as a way to ground ourselves and reconnect.
    -Exploring the role of emotions from an Emotion Focused Therapy lens (i.e. what are emotions, the four facets of emotional experience, cultivating a healthy relationship with our emotions).

    The pacing of the workshop can be varied to suit the needs of participants; i.e. if a particular topic feels especially relevant for the group, this can be explored in more depth. Facilitators will also remind participants of local resources, and are available if individual debriefing or support is required.

- We will explore the music of *Die Schöne Müllerin* through a health and wellness lens in a three-hour masterclass, sharing practising and performance insights that focus on processes and techniques that foreground selfcare. (with Colin, Laura, Carol, Danna, for the entire voice and collaborative piano departments)

  This masterclass will invite all students in the voice and collaborative piano departments into our process, making the performance on Day 3 more meaningful and impactful for performers and for the audience.

- Day 3:
  - As a culmination of the three-day *Die Schöne Müllerin* Project, we will perform the song cycle in collaboration with Radford University voice/piano duos. Carol and Danna will start the concert by introducing the wellness and selfcare processes we explored throughout the workshop.

  - We will ask Counselling Services to create a time for discussion after the performance, for interested participants and/or audience members.