

AABCAP



# MINDFULNESS AND MUSIC FOR SELF CARE

## ONLINE SELF-CARE WORKSHOP

*with Anja Tanhane*



Relax the body and calm the mind.

This 90 min workshop will guide participants through a gentle Qigong movement session to music, followed by a guided music and mindfulness meditation. Tips and resources will also be provided on using music for self-care, and there will be an opportunity for Q&A.

AUGUST 3rd, 2022

WEDNESDAY EVENING

7pm - 8:30pm AEST

AABCAP MEMBERS \$25

NON MEMBER \$40

STUDENTS & CONCESSION \$20

<https://www.trybooking.com/CABUI>

**Anja Tanhane** MMus (Therapy), RMT, RGIMT, is a registered music therapist with a Masters of Music Therapy, as well as post-graduate training in Guided Imagery and Music, family therapy, and the Professional Training in Buddhism and Psychotherapy (AABCAP).

Her Masters thesis researched the use of mindfulness in music therapy, and she is also a qualified Mindfulness Based Stress Reduction teacher, senior Zen student, Tai Chi instructor, and an Associate Trainer in the Bonny Method of Guided Imagery and Music.

A meditation and Tai Chi practitioner for over thirty years, she regularly teaches mindfulness courses, workshops, and nature mindfulness retreats. She has provided workplace training in mindfulness to a wide range of community health organisations, hospitals and the corporate sector, and regularly works with carer groups to support their self-care.

Anja uses a strength-based approach in her work, supporting people to draw on their inner resources and strengths for growth and healing. She has given workshops in mindfulness and music therapy both nationally and internationally, and has presented her work at many conferences and seminars as well as lecturing at the University of Melbourne.

More information and Anja's popular monthly mindfulness reflections can be found at [www.mindfulnessmeditation.net.au](http://www.mindfulnessmeditation.net.au).