

## THE BENEFITS OF PLAYING HARMONICA

Besides the countless benefits of playing music, there are specific advantages when playing harmonica and we tend to take them for granted.

We will explore how this little instrument can help us be more grounded, more centred, and even healthier and happier by working and improving our breathing.

We will present several exercises for you to practice, regardless of your ability level or experience, which will carry you to a level beyond music. Using yoga breathing, vibration and consciousness, we will connect body, mind and spirit.

Everybody is welcome to this workshop, even those who have never held a harmonica in their hands before.

