

AUDIO DIVINA: CONTEMPLATION THROUGH MUSIC

with

Patricia Frain and Liz Coffman



Saturday, February 17, 10AM-3PM

Using music as a catalyst for contemplation, we will listen deeply to discover and experience how various pieces of music can transport us to another threshold of awareness. Participants will be invited to listen to excerpts of music past and present such as Bach, Mozart and Beethoven, Gregorian chant, and more with a contemplative ear – as we allow ourselves to move into and beyond the music and perhaps discover meaningful connections to our own inner experiences as we move from sound to reflection, silence, journaling and sharing.

\$65 includes lunch



Patricia Frain, M.Ed, M.P.S. (Loyola, Chicago) is a Counselor and Spiritual Director



Liz Coffman, B.F.A, M.Ed. is an Arts Educator and Arts Consultant

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