



The Center for Deep Listening Presents

DEEP LISTENING WORKSHOPS!

There's more to listening than meets the ear!

Deep Listening, is a way of listening in every possible way to everything possible to hear, no matter what you are doing.

- Pauline Oliveros

Deep Listening, developed by composer Pauline Oliveros, explores the difference between the involuntary nature of hearing and the voluntary, selective nature of listening.

The practice includes bodywork, sonic meditations, interactive performance, listening to the sounds of daily life, nature, one's own thoughts, imagination and dreams. It cultivates a heightened awareness of the sonic environment, both external and internal, and promotes experimentation, improvisation, collaboration, playfulness and other creative skills vital to personal and community growth.

Workshops will run throughout the day, each will be 30-40 minutes long and range from mindful, relaxing activities, to more improvisatory and playful ones. Drop in any time.

For a full schedule of events please visit: <http://www.deeplisting.rpi.edu/>

May 6, 10am – 6pm
EMPAC, Studio 2

Free!

Experimental Media and Performing Arts Center
Rensselaer Polytechnic Institute campus, Troy, NY

<http://empac.rpi.edu/>