

IMPROVISATION AND MEDITATION: AWAKENING TO YOUR MUSICAL MIND W/BRADLEY VINES

Sun. 3/10: 2-4 pm

REGISTER



Event Type

Workshop

Department

Theory and Improvisation, Musicianship

Day

Sun

Instructor

Bradley Vines

Status

online event

Embark on an exploration of the intriguing parallels between the neuroscience of improvisation and the practice of meditation. We will delve into the experiences and brain changes underlying these two disciplines.

Workshop Highlights

Mind and Melody: Discover the commonalities and differences between improvisation and mindfulness meditation as well as their complementary effects on the brain.

Psychedelics, Meditation, and Improvisation: Delve into the synergies between meditation and psychedelics and how they provide insights into the practice of improvisation.

intrigued by meditation and improvisation. Discover how these practices complement and enrich each other, based on neuroscience research!

About Dr. Bradley Vines, PhD, MBA

Dr. Vines is a cognitive neuroscientist specializing in music emotion, perception, and performance, and a saxophonist. He holds a Ph.D. in Experimental Psychology from McGill University, an M.B.A. from the University of Oxford, and a B.A. in Cognitive Science from UC Berkeley. He has postdoctoral research training in the Department of Neurology at Harvard Medical School and the Center for Mind and Brain at UC Davis, and has been a Research Associate and Lab Director at the Institute of Mental Health in the University of British Columbia Department of Psychiatry. Bradley has received competitive grants for his research from the GRAMMY Foundation, the National Institutes of Health (NINDS), and the Michael Smith Foundation for Health Research. He has 26 academic publications to his name, which have been cited in the literature more than 2,700 times and referenced in major media outlets including the New York Times, US News and World Report, and Businessweek. His published work includes research on music for stroke recovery, the epigenetics of music learning, multisensory integration in the perception of music, neuroplasticity in fine motor coordination, and pitch memory. He led research on music for psychedelic therapy as Chief Science Officer at Wavepaths and conducted research on music in advertising and sonic branding as Director of Neuroscience at Nielsen. He currently teaches Music Cognition for Berklee College of Music Online and hosts The Neuroscience of Improvisation, which is a program exploring the experience of improvisation from the perspective of neurobiology.

As a saxophonist, Bradley studied jazz improvisation in the William Paterson University Jazz program and privately with Gary Smulyan, Paul Nedzela, Noel Scott, and Allaudin Mathieu. He has also studied South Indian Carnatic music with several prominent musicians in that tradition, including Dr. Vijaya Bharati, Ghatam Suresh Vaidyanathan, and Prasant Radhakrishnan. Bradley has contributed to music for psychedelic therapy as a Wavepaths artist and has performed with musicians such as Eddie Gayle, CK Ladzekpo, Mel Martin, and Steve Turre, in a variety of venues including Yoshi's Oakland and Zellerbach Hall.

Mind w/Bradley Vines

This is an online event, meeting in real-time, via ZOOM. Note: All listed times are Pacific Time (PT). Once you've registered, we will email you the login instructions approximately 24 hours prior to the start of the event.

Sun. 3/10: 2–4 pm

Doors Open: 2:00 PM Starts: 2:00 PM Ends: 4:00 PM

General Admission

PRICE FEES QTY

Advance Purchase

~~60.00~~

1.80

Gen - Neuro

45.00

REGISTER

ALL PRICES IN USD

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