



# The Art of Listening

with Omer Eilam (Musician, Berlin)

## Times

20:00 – 21:30 CEST

## Workshops

Friday, 9 October 2026

Dragon-fight: Michaelmas Celebration (Introductory)

Sunday, 18 October 2026

The Clear Ear: Deep Listening to a Single Sound

Sunday, 15 November 2026

Sonic Initiative: Creating with Voice and Intention

Sunday, 13 December 2026

The Balanced Ear: Meeting All Sounds with Equanimity

Sunday, 3 January 2027

Affirming Sound: Finding Music in the Ordinary

Sunday, 31 January 2027

The Open Ear: Listening Across Cultures

Sunday, 28 February 2027

Sonic Communion: Creating in Collective Harmony

## Content

In this workshop series we will explore the six exercises from the perspective of sound and listening. We will focus our attention on sounds, create new ones with our voice, learn to appreciate the beauty in music from different cultures and finish with a collective "jam session" harmonizing all that we've experienced together. The series cultivates listening as both a spiritual practice and as a creative skill rooted in direct sonic experience.

## Requirements

Participants should have good quality headphones.

## Contact

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