The Jazz Mindfulness Program is the creation of musician and educator, Adam Bernstein. Sponsored by the Brooklyn Zen Center, this program is designed to bring music and mindfulness practice together in a new innovative way to nurture young people in their day to day lives. Students will have the opportunity to play jazz together with learning mindfulness meditation. The program is designed to provide students with the life-long skills of being in the moment, listening to one another and playing music in community. We celebrate jazz, creativity and self-discovery.

Schedule

We have a twenty-eight week schedule that is broken into two seasons. Each season will end with a community concert. We meet every Monday from 5:30pm to 7:30pm.

Season One 10/05/09–2/8/10
Winter Community Concert 2/12/10

Season Two 2/22/10–5/24/10
Spring Community Concert 5/28/10

We encourage all students to commit for both seasons as there is a continuum of learning from one month to the next.

Signup Form

☐ Season One $750
☐ Season Two $750

Student _______________________________
Address _______________________________
_____________________________________
Phone _______________________________
Email _______________________________

Include above signup form with your payment made out to Brooklyn Zen Center, noting the Jazz Mindfulness Program. Mail check to Brooklyn Zen Center at 398 9th Street, Brooklyn, NY 11215. Please contact Adam Bernstein at jazzmindfulness@earthlink.net or 917-992-5662 with any questions about the program.

Accomplished composer, arranger, educator, and bassist, Adam Bernstein has performed internationally since 1981. Known for his stylistic diversity, Adam has played with many great musicians including Levon Helm, Perry Robinson, Walter Perkins, Claire Daly, Sahib Shihab, and the string quartet, Ethel. In 1998, while continuing to perform and record, Adam turned his attention toward jazz education. He recently ended his 11 year tenure as Jazz Director at the Berkeley Carroll School in Brooklyn, NY and continues to consult with Jazz at Lincoln Center after having been on faculty there. He received a proclamation for his outstanding work in jazz education from Brooklyn Borough president Marty Markowitz on June 3, 2005. Adam Bernstein is currently performing with The Laurie Berkner Band and appears regularly on NOGGIN's “Jack’s Big Music Show.” Adam began practicing mindfulness meditation with the Thich Nhat Hanh community in 1994 and now is a regular practitioner with the Brooklyn Zen Center.
Our Goals Are
To provide a forum for young people to explore quieting their minds through sitting, walking and music meditation.
To create a musical community where each student is challenged to grow musically through jazz.
To provide a nurturing, safe environment for young people to explore being themselves.
To provide a place where the students can share their musical explorations (via two planned concerts) and meditative insights with the larger community.
Instill a great love for jazz and the jazz legacy.
To have a great time together in community without judgment.

The Jazz Mindfulness Program is for instrumentalists and singers from ages 12 to 18. All levels of ability are welcome.

Jazz
a democratic art form indigenous to the United States.
...improvisation, swing, blues feeling.
Jazz.

Mindfulness
awareness without judgment of the present moment via direct and immediate experience.

Jazz is a democratic art form indigenous to the United States. It includes improvisation, swing, and blues feeling.
Mindfulness is awareness without judgment of the present moment via direct and immediate experience.

Each Session Includes
A short period of meditation instruction and practice
Jazz Theory instruction
Combo and large ensemble practice