

February – March 2022

EXPAND YOUR CONSCIOUSNESS AS ARTISTS Part 2

Online webinars via Zoom

Fri 18 Feb 17.30-19.00 CET

Matthew Barley

*Music, Motivation, Perfection and
Perspective*

Fri 4 March 17.30-19:00 CET

Steph Magenta

*Expand, Focus and Calm your
Nervous System with the Breath*

Fri 18 March 17.30-19.00 CET

Ruth Herbert

*Everyday Trancing, Creativity and
4E Cognition*

O/Modernt is the hub not only of a core group of very special musicians but also artists and thinkers from many disciplines. O/Modernt Academy is an educational platform where young musicians are mentored not only by world-class professionals in their respective instruments but also by the leading thinkers and voices of our time: historians, philosophers, ecologists, theologians, monks and poets to name just a few.

With its aesthetic ideals echoing those of the ancient Greek academies, the O/Modernt Academy aims to nurture the artists of tomorrow to become what the citizens of Ancient Greece called ‘musicians’ –honest, well-rounded, cultured, intellectually open and creative members of society. The academy’s broad range of subjects, teachers and speakers reflects O/Modernt’s philosophy that music, which has its roots in an interconnected web of diverse activities, should be regarded as an arena for ‘Interconnected Musicking’.



Illustration: Didier Mazuru

“Everything is alive, everything is interconnected” —Cicero

omodern.com/academy

This spring, in a series of three webinars, O/Modernt Academy invites you to follow the advice of the eccentric composer Eric Satie and ‘open your head’ to some diverse perspectives on consciousness. Our three distinguished guest speakers will introduce you to a rich array of mindfulness topics and will offer practical advice on how we, as artists, can embark on exploratory journeys of creative self-discovery.



Matthew Barley

Matthew Barley has created a unique international career full of improvisation, new music, cutting-edge computer technology, collaboration with jazz and Indian musicians, education, and arranging, but always with cello playing at the heart. He has played with some of the finest orchestras (Frankfurt Radio Symphony, BBC Philharmonic/Scottish Symphony, Czech Philharmonic), in some of the greatest concert halls, given premieres by major composers (MacMillan, Dusapin, Larcher) and appeared on tv and radio worldwide. He counts himself blessed to be able to dream up unusual projects and (usually) make them happen, and also pursue his own personal dreams of spending time with family and in nature. He lives in London with his wife, violinist Viktoria Mullova.

matthewbarley.com



Steph Magenta

Steph Magenta is a trained Breathwork Facilitator, licensed Bodywork Therapist and Red Path Shamanic Practitioner. She holds over 30 years of experience in detox, healing and somatic bodywork practices. Steph brings a background in published addiction research, award winning writing and sexual freedom advocacy to her work. An international retreat and events leader, she has always maintained a strong investment in providing grounded, safe and ethical practice, rooted in informed training and ongoing personal self-development. She is recognised in her work for holding accessible, embodied practice, with a strong focus on integration, professional ethics and competence.

stephmagenta.com

integrative-breath.com

[instagram.com/integrativebreath](https://www.instagram.com/integrativebreath)



Dr Ruth Herbert

Ruth Herbert is Senior Lecturer in Music and Director of Graduate Studies at the School of Arts, University of Kent, UK. A music psychologist and performer, her research interests embrace music and consciousness (including ASC and Trance), music in everyday life, music, health and wellbeing, sonic studies and music education. Further research interests comprise performance psychology, evolutionary psychology and ethology. Publications include a co-edited volume on music and consciousness (OUP, 2019) and a monograph on everyday music listening (Routledge 2016/2011). As a professional pianist, Ruth has performed with various ensembles, notably recording soundtracks for silent films commissioned by the British Film Institute (BFI) with the piano trio Triptych, subsequently touring these works at major venues in the UK and USA (e.g. Barbican Centre and Lincoln Centres).

kent.ac.uk

“Open your head” —Erik Satie



Illustration: Didier Mazuru

Applications To apply for one, two or all three webinars, please email Elisa at academy@omodernt.com with a question the webinars may help shed light on.

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