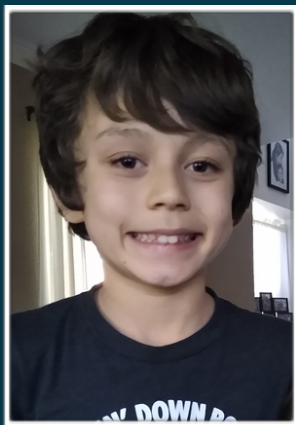


sama monthly

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student of
the month



“Kai H. is an excellent student. He always comes in ready to go and is enthusiastic about learning new pieces of music. Not only is Kai a great listener, but he is also curious. I couldn't ask for a better student. Keep it up Kai!”

- Mark Harrison, Piano Instructor

instructor
corner

Daniel Paquot, B.A.
Piano Instructor



MUSIC IN THE TIME OF COVID-19

Music has multiple benefits like discipline, creativity, neuromotor coordination, logical thinking development, etc. However, I would like to explore the benefits of music specific to this challenging time. Music can be a wonderful help in maintaining a good and balanced mental health.

According to the Mayo Clinic, maintaining a regular routine is important to mitigate the shock of change in lifestyle. Therefore, it is important to keep on practicing your instrument regularly to help make this time feel as normal as possible.

Also, it is important to stay busy and deviate our attention from the overload of negative news we are constantly receiving since it can produce stress and induce fear. Playing music and practicing your instrument will keep you busy and will help you focus on good, productive, and positive things.

Finally, music can provide very much needed motivation and excitement in our current situation. Recently, I received feedback from a parent thanking us for making it possible to continue piano lessons, saying their child has “something to look forward to” during this time.

Music has great things to offer during any situation we are going through. Music can make this time a little less difficult. So, keep on playing, keep on practicing, keep on enjoying music, and stay both physically and mentally healthy.