

instructor corner

Veronica Lizárraga, M.M., Piano Instructor

Music in Community: How Private Lessons Cultivate Real-World Connections and Healing



Since early civilizations, thousands of years ago, humans have shared music together; some through carving flutes out of bones, drums out of wood, and joining their voices in song. In today's world, taking music lessons provides a stepping stone toward creating music in your own community; learning the language of music opens a variety of opportunities, such as writing your own music, joining bands, and jamming with other talented musicians (just to name a few). Music in a community setting has also been scientifically proven to have positive impacts on our physical and mental well-being. While it can be easy to get stuck in the practice room, it's important to remind yourself that music is an art, and sharing it can bring so much joy to you and your community.

One of the easiest ways to communicate musically with others is through a basic understanding of music theory. Learning note names, chords, scales, rhythms, etc., provides the terminology that many musicians understand and use for playing together. In the same way that you would use Duolingo to learn a new language and talk to people, taking music lessons allows you to understand and talk about music with other musicians. While understanding music theory is not necessary to play an instrument, it can offer a common vocabulary for exchanging ideas.

Music lessons also open the doors to creating your own music. Once you are proficient on an instrument, you can get creative and try your own combinations or patterns of notes and chords. Grab a fellow musician, tell them your ideas, and now you have a jam session!

With everything going on in the world today, it is easy to feel isolated. However, music has been scientifically proven ways to help combat the global loneliness crisis. Shared musical experiences can synchronize heart rates and movements, enhancing feelings of connection even among strangers. Music can also increase levels of oxytocin, fostering trust and generosity while reducing stress and anxiety.

Taking music lessons is a great first step in fostering connection and community. Next steps can include finding local jams, supporting live music, or joining or creating a band. SAMA also offers opportunities to make music with others through our Student Band Program. You can also talk to your instructor about their own experiences with music outside of the practice room. The following are some famous quotes about music and its link to community and well-being:

"Music is a therapy. It is a communication far more powerful than words, far more immediate, far more efficient."

– Yehudi Menuhin (American-British violinist and conductor)

"Music has a great power for bringing people together. With so many forces in this world acting to drive wedges between people, it's important to preserve those things that help us experience our common humanity."

– Ted Turner (American entrepreneur and television producer)

"The power of music to integrate and cure ... is quite fundamental. It is the profoundest non-chemical medication."

– Oliver Sacks (British neurologist)

"I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music."

– Billy Joel (American singer-songwriter and pianist)

"Music expresses that which cannot be said and on which it is impossible to be silent."

– Victor Hugo (French author)

"Music has touched the human soul across all boundaries of time, space, and genre. ... Perhaps, in its vibratory nature, music opens us to a greater appreciation of our essential connectedness to the cosmos, our oneness with all that is."

– Balfour M. Mount (Canadian physician)

Learning music can be a portal to your creativity, community, and happiness. Now get out there and make some music!

student of the month

“Elijah A.

has improved tremendously over the past few months. He performed in his very first piano recital, where he participated in a trio with his brother and sister, and is now taking on more challenging repertoire. I am incredibly proud of his dedication and hard work. Congratulations, Elijah!

Leslie Vela, B.M., Piano Instructor



student accomplishments

instructor accomplishment



Congratulations to **Katie L.**, student of Khadijah Enriquez, who competed in the regionals for ThesFest (International Thespian Festival) and will be advancing to nationals!



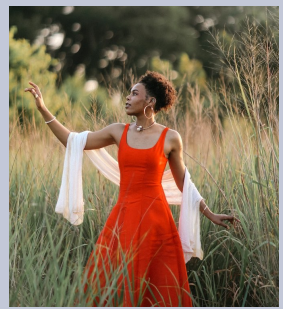
Congratulations to **Charlee G.**, student of Khadijah Enriquez, for being cast as Lavender in Wonder Theatres mainstage production of Matilda!



Congratulations to **Jaelynn F.**, student of Khadijah Enriquez, for being cast as Anne in her school's production of Anne of Green Gables!



Congratulations to **Shanelle D.**, student of Randy Naranjo, for getting 3rd place at Phi PSI Talent Hunt!



Congratulations to our very own instructor, **Olivia Spencer**, on earning 1st Place in the Adult Advanced Division at the South Texas NATS Competition!

upcoming events



APR 1

Veronica Lizarraga's Birthday



APR 11

SAMA Student Bands performing at 1604 Cantina (5:30pm-10pm)



APR 17

Hannah Petersen's Birthday



APR 18

Music 4 Heroes Community Event at Chicken N Pickle (12pm-4pm)



APR 21

Jake Ramirez's Birthday



APR 22

Lilly Schnieder's Birthday



APR 23

Spring Recital Sign-up goes live at 2pm samusicacademy.com/signup



APR 25

Senior Living Performance at The Waterford On Huebner Sign up to perform!



MAY 2

SAMA Student Bands performing at Twin Bros Burgerz (4pm-8pm)

Congratulations to our students celebrating their 3-year and 5- year anniversaries with San Antonio Music Academy this January and February!

Reaching this milestone reflects years of dedication, consistency, and a genuine love for music. We are honored to be part of each student's musical journey at SAMA and to witness their growth as musicians and as confident, creative individuals.

3-Year Anniversary Students

Bianca G.
Penelope M.
Amelie O.
Holland S.
Santiago Z.

Lakely W.
Alperen C.
Makenzie N.
Gabriel S.
Lauren S.

5-Year Anniversary Students

Madison G.
Sierra A.
Olivia M.
Natasha P.
Cassandra R.

APR 18

MUSIC 4 HEROES

San Antonio, TX 78249

SUPPORT. COMMUNITY. LIVE MUSIC

CHICKEN N PICKLE
5215 UTSA BOULEVARD, SAN ANTONIO, TX 78249

12:00PM - 4:00PM
(OPEN TO THE PUBLIC)

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