



## instructor corner

Leslie Suarez, B.M., Piano Instructor

## Benefits of Learning Piano as an Adult



When taking music lessons, one may think it's only for young students since most children enjoy extracurricular activities, but who says adults can't enjoy lessons as well? There's a journey that comes with learning music. Adults who take on music lessons will find benefits that include growing patience, relieving stress, boosting confidence, and the list goes on.

Patience plays a huge role when it comes to learning an instrument. It takes time and effort to learn how to read music, play with both hands at the same time, and keep a steady beat. Wouldn't it be great if our fingers had brains?! It would make our lives as pianists much easier.

Adults have many responsibilities throughout the day, so it can be nice to de-stress by playing some great music. Music helps relieve the struggles and pressure by being able to express those feelings in our music. Playing a nice calm piece or even playing something fun and uplifting can lift us up from a stressful day.

Lastly, confidence! Confidence can be hard to build when learning something new, but always trying your best and trusting your instructor to guide along the path that you want will make it an easy process. The goal doesn't have to be about mastering it but being able to share your love of music with yourself and others.

## upcoming events



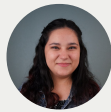
DEC  
8

Tanisha Smith's  
Birthday



DEC  
11

Winter Recital  
@Moonlight Ballroom



DEC  
14

Andi Tupponce's  
Birthday



DEC  
17

Jacob Vallejo's  
Birthday



DEC  
25

Enrique Rangel's  
Birthday



DEC  
19-31

SAMA is closed for  
Winter Break

## Fatima H.

is such a hard worker in and out of lessons. She has a great passion for music that shows in her performances and she is great at making connections to the music she learns in band to the music she learns in piano. She is a joy to have as a student and I can't wait to see her progress moving forward. Keep up the great work, Fatima!

Hannah Petersen, B.A., Piano Instructor



student of the month