

## ***In The News***

### ***Meditation, Mindfulness and the Performing Arts Sessions Taught by Professor Covach***

Mindfulness meditation under the UR Mindfulness Program/Koru Program will be taught by Music Department Professor John Covach on consecutive Sundays in the fall beginning September 11 and running through October 2nd. Sessions will be held from 4-5:15 PM in Dewey 1.305. Koru Mindfulness is an evidence-based program specifically designed for college students, teaching mindfulness and meditation to manage stress and reduce anxiety. You will learn skills that help calm and focus your mind, including breathing exercises, guided imagery, body scan, and more! Through learning how to be more mindful, you may experience less stress, better sleep, and less self-judgment. This class will provide an approach to mindfulness in the context of the performing arts. You do not need to be a major or minor to sign up. We've found that folks get a lot more out of Koru if they stick with it from beginning to end, therefore attendance at all four sessions is required. So double check your calendar and then [sign up!](#) No previous experience in mindfulness or meditation is required.

### ***Claire Janezic travels to Belgium***

The Belgian American Education Fellowship has been awarded to Class of 2022 (T5) music major, Claire Janezic. This award supports a year of study at the Royal Jef Denyn Carillon School in Mechlin, Belgium. Claire could routinely be heard giving weekly concerts last year and was also an instructor for MUSC 104 students. The music department wishes Claire continued success on this amazing opportunity!

### ***GCNA has a New Member***

Kayla Gunderson '23 recently passed the GCNA (Guild of Carillonneurs in North America) exam which launches her to professional status. Congratulations, Kayla!

## ***Elective Spotlight*** [All course offerings.](#)

Electives give students the chance to study face to face with Professors who are experts in their fields in a small and interactive classroom environment.

### ***Gospel Choir***

meets Tuesdays from 6:15 - 7:30 PM in Hutchison 140 with Director Julius Dicks.

One rehearsal per week. Two concerts per semester. In addition, there may be off-campus performances in local colleges, churches, and other venues in the greater Rochester community. 1 credit

### ***Gospel Music in America***

meets Monday/Wednesday from 10:25 - 11:40 AM in Dewey B315 with Professor Hunter.

Examine the historical development of gospel music, beginning with 19th century slave spirituals and ending with an examination