

Syntyä: Therapeutic Residency for Musicians

Weekly Program Schedule Outline

	Morning	Afternoon	Evening
Monday	Nature Walk Personalised session	Community Process	
Tuesday	Yoga/Meditation Personalised music mentoring	Creative Practice Group	
Wednesday	Nature Walk Personalised session	Community Process	
Thursday	Yoga/Meditation Personalised music mentoring	Creative Practice Group	
Friday	Nature Walk Personalised Session	Community Process	Cultural evening: exhibition, music, literature
Saturday	Meetings facilitated with local artists		In-house/recording studio jam
Sunday	City/Countryside exploration		Community Dinner

Please note:

- *Apart from these hours of engagement, the resident is free to create and to arrange any other appointments of their choosing*
- *All nature walks, personalised sessions and groups are subject to change and will not exceed 60-90 minutes*
- *the above program is not compulsory but your participation would lead to getting the most out of the program*