

Mindfulness Workshops with Brian Chevalier!

Brian Chevalier
Singer/Songwriter/Teaching Artist
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Mindfulness - Freedom Within Workshops

The strength of this program is in its' simplicity. Students already possess the skills to be mindful in their everyday lives. When students are intently working on a drawing, or running carefree on the playground they are simply being present. Their minds are not lost in worry about the past or worry about the future....they are just "being present."

Brian's program Mindfulness - Freedom Within, achieves two main goals. First, through a line of inquiry, Brian helps students realize that they ALREADY possess the skills necessary to practice mindfulness on a daily basis. The class will practice some quiet reflective moments, accompanied by instrumental guitar, where students will practice using their five senses to help them be present.

Once students realize that they ALREADY possess the skills necessary to practice daily mindfulness, Brian poses the following questions to achieve his second goal: "When and how can we intentionally use these skills (that we already possess) when we DO feel stressed, worried and anxious?" Having these mindfulness skills already within us is kind of like having a superpower...the only question is....when and how do we use these superpowers to help ourselves stay present, calm and mindful?

Brian then introduces students to breathing techniques they can use when stressful situations arise, when they are just feeling anxious, or to just unwind after a busy day.

Brian's experience conducting workshops in schools for over twenty years allows him to work well with all age groups. One of the consistent pieces of feedback Brian receives from educators is the strength of his lines of inquiry. Rather than telling kids the information, he weaves stories and music together with the most important part of the dialogue...the students' own thoughts and ideas.

A mindfulness residency usually culminates with a fun, interactive performance in which the students are engaged and present. Brian presents his fun, character based songs and ties mindfulness into character education ideas like empathy, respect and being of service to others.

Q&A About Workshops with Brian!

Workshop length? 45 minutes per workshop.

Target Age? All.

Will students be engaged? Totally!

About Brian Chevalier

Brian Chevalier has been energizing audiences throughout NJ, NY (including Long Island), CT, PA, MA, NH and VT for 35 years. He has been providing school assemblies, school programs and artist in residence programs since 1995. Brian first received his training as a Teaching Artist through the Albany/Schenectady League of Arts apprenticeship program. Brian has been trained in the Lincoln Center approach to Aesthetic Education. Brian facilitated workshops for the Capital Region Center For Arts In Education for many years. He also completed a grant from the New York State Council on the Arts for which he has composed a collection of songs that address the history and folklore of the Adirondacks. In addition to his ongoing work in the schools he is working on several grants that are assisting him in developing new programs that will be available for next year. With his highly interactive and engaging delivery of various music styles from Rock to Blues to Reggae to folk, Brian will have your students up and moving! He specializes in working with Elementary school aged children. Brian has also become well known for his residency programs and workshops throughout the Capital Region and the Northeastern United States where he has visited hundreds of schools.

"Whether you are looking for an Arts experience with a solid curriculum connection or for an engaging performance for your school, I look forward to brainstorming and collaborating with you to help you create an educational and memorable event for your school!" ~ Brian Chevalier

Booking Information

What do performances with Brian cost? We will be happy to send you a quote. Please e mail songspun@nycap.rr.com or visit the website www.songspun.com. Brian is competitively priced.

Travel Costs? Programs located more than an hour from Glens Falls, NY will be charged mileage at the current Federal Rate. Ask about programs that require stay over.

Does your program qualify for funding through NYS BOCES? Yes, Brian is listed as a performer with the NYS BOCES.

Where does he travel? NJ, NY (including Long Island), CT, PA, MA, MD, NH, VA and VT.

For more information or to book Brian for your next school program or event contact Brian directly.

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