



Guest Lecture – Nicolas Namoradze

A discussion on mental practice and mindfulness techniques. Covering three main topics — stress relief, mental practice and performance preparation — the presentation guides participants through ten exercises, including various meditations, visual and kinesthetic practices, and techniques for developing concentration and getting in the zone.

Laureate of the Honens International Piano Competition

Noon Hr Recital Credit: Noon-1pm

Wednesday October 22, 2025

Craigie Hall, F202

