



LiberaMente Creative Music Lab

2nd semester a.y. 2025/2026

February - April 2026



Do you like playing music? Do you enjoy singing?

Take part in a unique experience to express your musical creativity and manage performance stress. Join the "LiberaMente" Creative Music Lab!

In this workshop, you will:

- Transform performance stress into creativity
- Express your emotions through music
- Create music as a group, in a non-competitive environment

Who is it for?

LiberaMente is open to all students with a good knowledge of a musical instrument.

Schedule

The lab will take place on

19, 26 February - 5, 19, 24, 31 March - 14, 21 April.

Topics

Emotional management of performance stress, musical creation inspired by visual arts.

How to participate?

Places are limited! To participate, apply by **6 February 2026** via google form



<https://tinyurl.com/liberamente2026>

Selected participants will be notified by **13 February 2026**.

For more information, contact: social.fbc@unive.it

Curated by

Paolo De Gaspari, expert in Performance Class and Creative Music, bass clarinet professor at the Trinity Laban Conservatoire in London and at the Royal Conservatoire of Birmingham, UK.

Mario Tiffi, musician, producer, arranger, and publisher.

www.unive.it/prisma

