



## News Release

250 Hofstra University, Hempstead, NY 11549-2500  
(516) 463-7200  
[ce.hofstra.edu](http://ce.hofstra.edu)

Contact: Debbi Honorof, [debbi.honorof@hofstra.edu](mailto:debbi.honorof@hofstra.edu), 516-463-6331, 516-225-3098 (cell)

For Immediate Release: January 15, 2009

### **Hofstra University Continuing Education Offers Free Workshop on Music and Health**

**Hofstra University, Hempstead, NY** - Hofstra University Continuing Education a FREE workshop, **Music and Health: Relax and Energize the Mind and Body through Song** on Saturday, February 7, 2009 from 1:30 to 3:30 p.m. at the Mack Student Center, North Campus. To register or for more information, visit [ce.hofstra.edu](http://ce.hofstra.edu) or call (516) 463-7200.

Join Joseph Ciolino for this enjoyable and enlightening workshop, which will examine some of the philosophies behind the practices found in diverse cultures around the world, with a special focus on the study and singing of Gregorian Chant. Throughout recorded history, music — and in particular the human voice — has been used for both its health and spiritual benefits. Mr. Ciolino will explore the remarkable research breakthroughs growing out of this area of music, a field that is only just entering the mainstream. The workshop will conclude with a series of vocal exercises that are easy, simple and fun, and which, when practiced regularly, can bring increased health, energy and relief from stress. Be prepared to throw your shoulders back, hold your chin up high, and let loose ... you'll be amazed at the results! No vocal experience or study is required.

Joseph Ciolino has been an active conductor, classical pianist, and teacher for over 25 years. He was the musical director of the Brooklyn Heights Choir, as well as for numerous musical productions and revues throughout the tri-state area. As an educator, Mr. Ciolino has lectured extensively at NYU, Hunter College, and the New School, and was invited to the Smithsonian Institute to speak on one of his areas of expertise, the spiritual nature of music. He is currently writing a book on the relationship of music and society, will soon publish a musical play for young people, and will be teaching courses this spring for Hofstra University Continuing Education.

Hofstra University Continuing Education offers a broad range of workshops, seminars, conferences, lectures, events and courses in business, technology, adult education, and community learning. For more information, visit [ce.hofstra.edu](http://ce.hofstra.edu)

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