



SYMPHONY AT WORK

Introduce musical instruments to the work place and provide an escape from the stresses of work.

How many of us wish we had the time to learn an instrument? How many of us would love to be able to relax whilst playing the guitar or let off steam by rhythmic percussion pounding?

Music is adored and embraced by everybody and is a great way to switch off from the stresses of day to day life. Learning an instrument is rewarding, stimulating and above all pleasurable. What if every work place had learning tutorials at break times or even an area for employees to practice an instrument?

Everybody can benefit from 30 minutes a day of playing an instrument. The escape that music provides for people is so valuable. Instruments provide mental stimulation and are the perfect tool for relaxation.

