

Music Newsletter - Summer - 9/6/21  
Music Department  
Mon 9/6/2021 6:00 AM

Dear UCI Music students,

We hope your summer is going well, and that you're as excited as we are to return to campus in the fall! Below is your Music-related news, including a reminder about Music lab fees and financial aid/scholarships, as well as an invitation to a free Qigong class on Saturday, 9/25/21, at 11:30 am PST. We hope to see you there!

### **Music lab fees and financial aid/scholarships**

If you are receiving financial aid and/or scholarship disbursements, you should receive it by mid-September. If you plan to enroll in instrumental or voice lessons, please be sure to set aside \$500 to pay for Course Material Fees (AKA "Lab Fees"). This will reflect on your Zotbill during the first or second week of each quarter. Please note: financial aid and lab fees are two separate systems that are not connected (i.e., financial aid is disbursed prior to the start of each quarter, and lab fees appear in Zot accounts AFTER financial aid has already been disbursed).

### **Qigong Class with Adil Pantan**

**Date:** Saturday, September 25, 2021

**Time:** 11:30 am - 12:30 pm PST

*The event is free and open to all music students, faculty, and staff!*

### **About the Art of Qigong**

Qigong is the master art of self- healing that has been in existence for over 5000 years in China. This ancient healing art form translates to the work or discipline of using life energy. The practice improves the flow of energy in the body, therefore creating balance and harmony in the individual. The healing art of Qigong provides the means to maintain stamina, balance, awareness and touch. The Chinese character for Qi in Qigong means 'air' in Chinese. Gong means 'discipline or skill'. Qigong is therefore 'breath or energy skill'.

### **Benefits of Qigong**

- Reduce stress
- Promote balance & harmony
- Increase stamina
- Lower blood pressure
- Increase immune system
- Increase energy
- Improve memory and focus
- Improve appearance

**About the Instructor**

Adil Panton has been practicing Qigong for over 25 years and is a certified Qigong instructor. His philosophy is that all people have the power to heal themselves and through the practice of Qigong, this can be achieved.

If you have any questions regarding this Newsletter, please email us at [music@uci.edu](mailto:music@uci.edu).

Kind regards,

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