



Musical Mindfulness & Meditation Workshop

Musical Mindfulness & Meditation Workshop Get ready to tune in, breathe out, and transform your musical experience with **Tracey Hutchison** at the Te Anau Ukulele Festival 2026! A lifelong musician and dedicated Shamballa Reiki Master/Teacher, Tracey blends her passion for music with fifteen years of Reiki healing and meditation expertise.

Her holistic approach brings together creativity, calm, and connection — helping players of all levels feel more grounded, confident, and inspired. In her Musical Mindfulness and Meditation workshop, Tracey will guide you through simple, powerful practices designed to centre your mind, relax your body, and open you up to learning and musical flow.

Whether you're preparing for your next jam session or wanting a deeper connection to your ukulele journey, this session will leave you refreshed, focused, and ready to absorb new skills with ease. Whether you're new to mindfulness and meditation, or simply wanting to deepen your musical connection, this workshop will support you in bringing your best self to your ukulele playing. Reconnect. Rebalance. Rediscover your musical spark. And don't forget to bring your ukulele!

VENUE:-

Fiordland Event Centre

20-22 Luxmore Drive (Upstairs)

TIME:-

Saturday 9:00-10:30am

