



ZnL Productions – Foundation

As music enthusiasts and parents of children that have thrived from taking music classes during their formative years, we have witnessed and experienced some of the many benefits as you can see from the list below.

As a foundation, it is our desire to leave communities and students healthier, a little more engaged as well as prepared to live a fulfilling future through our platform.

Conversations and Clinics: *Students will learn first-hand from event artists, about their experiences of tour engagements, their decision of becoming a performer and some of the challenges they have faced during their career. Clinics may include one of the following:*

Listening and Analysis

Beginning Improvisation

Advance Improvisation

Jazz Styles

Rhythm Section Coaching

Drum Set Master Class

Instrument Donations/Instrument Rentals and Band Fees: *In order for students to participate in band, they need instruments! Unfortunately, there are students that are interested in music that can't afford to purchase, rent instruments or pay for the fees to participate in their middle or high school bands.*

Mental, Emotional and Physical Benefits of Music

Mental Benefits of Music

- **Mental Performance** – Playing music is like doing a workout for every part of your brain. It helps improve your mental performance and memory. There's even evidence that music can help a patient's brain recover from a stroke, as well as **slow the onset of dementia** and Alzheimer's disease.
- **Coordination** – Using your fingers, hands, and feet in a rhythmic manner for a sustained amount of time, while also being conscious of playing the correct tones, can be a challenge for even the most coordinated people. Over time though, playing music refines your motor skills that go beyond the hand-eye.
- **Time Management** – Learning an instrument requires practice, of course! But more specifically, it requires consistency and routine. Figuring out how to fit practice into your busy schedule and really stick to it helps you develop better time management and organization skills.
- **Reading Skills** – Reading music helps strengthen your **ability to process information** by creating new connections between the synapses in your brain. As a result, reading and absorbing information from other sources becomes a lot easier.
- **Listening Skills** – Learning music doesn't just improve your ability to hear details; it also makes you better at listening. Whether you're practicing on your own or playing with other people, you have to listen for timing, expression, and whether you're in tune. This can make you a better listener even in everyday conversations as well.
- **Concentration** – Focus is a necessary part of learning an instrument. Improving your musical skills forces you to use all the parts of your brain involved in concentration, making you better able to concentrate in other life situations. This is another reason why music is beneficial for those with disorders like ADD.
- **Mathematics** – Learning music is all about pattern recognition, which is mathematical in itself. But even more than that, learning about how music

is divided into equal measures and beats, and how those beats are in broken up, can help improve your math skills!

Emotional Benefits of Music

- **Self Expression** – Whether you’re writing your own piece of music or playing someone else’s, music allows you to express yourself in new ways. You also get to be creative when choosing your own unique style and genre.
- **Therapy** – Playing music can help with **stress, insomnia, and depression** because it acts as an outlet for difficult emotions. It can be a form of self-soothing in tough situations, and a healthy distraction from a stressful day.
- **Achievement** – There’s nothing like the feeling of finally mastering one of your favorite songs! Setting a goal, putting in the work, and eventually reaching that goal gives you a strong sense of achievement. It will improve your confidence in other areas of life in the process.
- **New Friends** – Whether you use music as an icebreaker when meeting new people, or as a way to actually meet new people – playing in a choir, band, or orchestra, for example – music is a great way to make new friends.

Physical Benefits of Music

- **Deep Breathing** – Most of the time our breathing is very shallow, but activities, like singing or playing a wind instrument, require deep breathing from the diaphragm. This strengthens your lungs and respiratory system. Playing the harmonica can even help with **pulmonary disease!**
- **Immune Response** – When we learn to play an instrument, we often become inspired to create our own music. According to an **article by Live Science**, making music “enhances the immunological response, which enables us to fight viruses.”
- **Stress Relief** – Playing music puts your energy and focus on positive activity, which can help alleviate stress. Those **reduced stress levels** can help get your blood pressure and heart rate down to a healthy level.
- **Fine Hearing** – Learning music refines your hearing skills by training you to isolate sounds as they occur. **Studies** have even shown that musicians are better at picking out specific voices and sounds in a noisy environment.

- **Exercise** – Playing an instrument naturally leads to increased physical activity. Whether you're playing the piano, guitar, strings, or a wind instrument, you're using your arm and back muscles to play and/or hold up your instrument. And if you play the drums, you even get to do some cardio!
- **Posture** – Any good music teacher will correct your posture during lessons. This can help you get into the habit of sitting up straight and having proper alignment even when you're not playing. These are all great ways to alleviate neck and back pain.