

# Project Ikigai

Finding Purpose through Music • Finding Purpose in Music

Project Ikigai is a program of workshops and performances created by Yeeman “ManMan” Mui and Amy Naylor that aims to inspire individuals, groups and communities to discover, explore and embrace their “ikigai”.

The Japanese term Ikigai refers to your passion, your core values, your life purpose. It is often translated as “the reason you wake up in the morning”.

Through Project Ikigai, Amy and ManMan share their experiences and their journey to find ikigai through music. Using a range of instruments, songs and styles from all over the world, they explore identity and purpose with a view to helping others do the same.



**Purpose • Voice • Motivation • Energy • Connection**

## What we offer

### Workshops:

In our workshops we aim to facilitate creativity, rather than prescribing or teaching one method or approach to music-making. Through a range of games and activities we will create an inclusive space for exploring musicality and building connection with others and ourselves.

Example activities:

- Mindful Singing - work with the breath, check in with the body, explore vocal exercises, sing together for joy and connection
- Body Percussion - internalise rhythm, move with music, explore the space
- Creative Games - improvise, create, compose, share your voice, play together

In these workshops we use our bodies as our instruments, incorporating taiko and/or handpan (if the space and equipment is available), in any setting, for any age, and any ability.



