

# Visual Story

Listening to the Elements  
Relaxed Performance

Access resources developed in partnership with Scope Australia

**MELBOURNE  
RECITAL CENTRE**

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# 1. The Venue



This event will be held at Melbourne Recital Centre. It is the building on the corner of Sturt Street and Southbank Boulevard in Southbank. Many people say it looks like a beehive.



Are you coming to Melbourne by train?  
Get off the train at Flinders Street Station. Go across St Kilda Road to the tram stop. Take a number 1 tram (going to South Melbourne Beach).

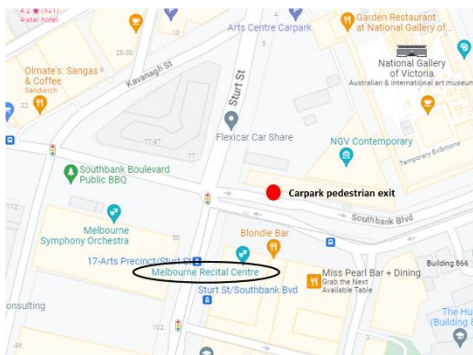


Get off the tram at accessible stop 17, right next to Melbourne Recital Centre (corner Sturt Street and Southbank Boulevard).

# MELBOURNE RECITAL CENTRE



Are you coming to Melbourne by car? The best place to park is at the Arts Centre Melbourne Car Park at the top of Sturt Street. For more information about parking costs [click here](#).

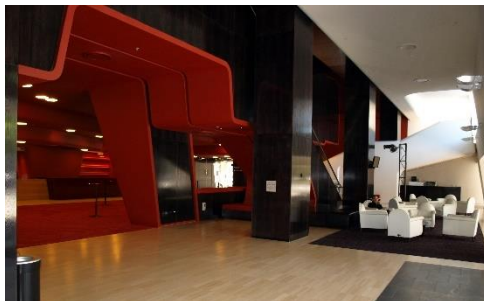


Once you have found a park, exit the underground carpark at Southbank Blvd and cross the road to Melbourne Recital Centre.

# MELBOURNE RECITAL CENTRE

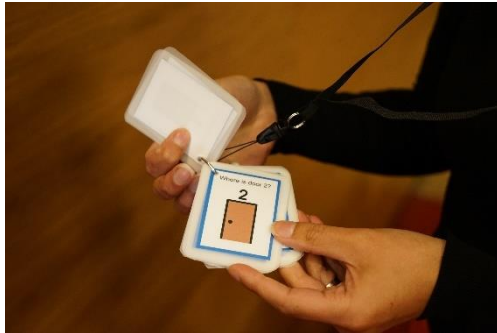


There is a main entrance to Melbourne Recital Centre on Southbank Boulevard.



Inside, the ground level foyer is partly carpeted, which makes it quieter. There is often music playing in the foyer through a speaker system.

Sometimes the foyer can be a busy and loud place depending on the number of people attending a concert.



If you have any questions whilst in the foyer, our Ushers carry picture cards with them. You can look through the picture cards and select the question you may want to ask. You can also print off the picture cards you want at home and bring them along with you. [Click here to see the picture cards.](#)



An important place in the foyer is the Box Office. Here you can collect or buy your ticket. The Box Office is open two hours before each performance. If you have access needs, please let us know when you're booking your tickets.



If you need help with asking questions at the Box Office, point to the sign in the photo.



Staff will show you a communication board to help. You can also [view](#) [or print out](#) this communication board before you arrive.

# MELBOURNE RECITAL CENTRE



This Relaxed Performance will be held in the Primrose Potter Salon, on the ground floor level of Melbourne Recital Centre.



There is just one door which leads into the Primrose Potter Salon from the foyer. You can sit anywhere you like in this venue.



To get into the Primrose Potter Salon, you have to go through a small room called the Sound Lock. This room is dark and keeps noise out of the concert venue.

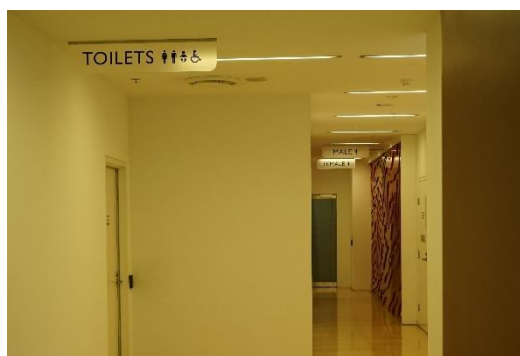
# MELBOURNE RECITAL CENTRE



Before you enter the Sound Lock an usher will scan your ticket. The scanning machine will beep.



Please bring along the things that help to keep you comfortable and calm. You can bring ear plugs, earmuffs, visors or a stimming toy.



Should you need them, you will find accessible toilets on each level of Melbourne Recital Centre. There are hand dryers in the accessible toilets that may make a loud noise.

## 2. The Musicians

This Relaxed Performance features Ensemble Telos and Breathe Circle, playing:



- Harp
- Guitar
- Vocals
- Tabla
- Cello
- Viola
- Gong



Formed in 2022 as part of a performance project for the official launch of The Monash Centre for Consciousness and Contemplative Studies (M3CS), Ensemble Telos led by Gidi Ifergan and Benjamin Dix, has continued to create contemplative compositions and improvisations inspired by the intercultural connection of western classical music, jazz, Indian and world music. The collaboration with leading youth-mindfulness specialist and founder of Breath Circle, Beata Heymann, has led to an extraordinary synthesis of music and mindfulness aimed towards cultivating embodied listening, nervous system support and vitality.

## 3. The Repertoire



The earth rising from the moon

The first song in this concert is called *Earth, Rising*. It was written by Ben Dix and builds in layers as each instrument is gradually introduced. A steady guitar pattern and tabla groove provide a background for other instrumental melodies to weave in and out of. The piece builds towards a busy and energetic end.



Water flowing over rocks

The next piece is called *Water, Ganges* and was written by Gidi Ifergan. It is a very lyrical and flowing piece, providing a welcome contrast to the song before. This composition introduces the Harp for the first time.



A camp fire in the country

*Fire, Awakening* is the third piece in the concert and was written by Ben Dix. It is a fast and vibrant piece that has an almost hypnotic effect, with a repetitive guitar pattern. A slower and more tranquil middle section offers some contrast before the fiery return of the main theme.



The wind blowing a dandelion

The next piece was written by Gidi Ifergan and is called *Wind, Breeze of Comfort*. Another slower and flowing piece, it provides contrast after the fast paced *Fire*. In this piece we notice the addition of voice for the first time in the program.



An image of space and swirling stars

The fifth piece is called *Space, The Song of the White Cypress Pine* and was written by Shaun Rigney. It is most spacious piece in the concert with only guitar, harp and viola playing together. There is a surprise addition of a Gong, which is played during some moments of silence, providing a mesmerising sound and effect.



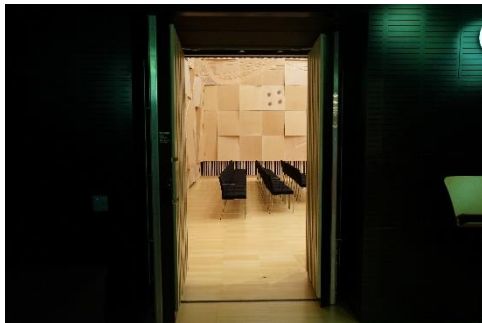
A spacecraft returns to earth

The last piece in the concert is called *Return to Earth, After Sleep* and is another song written by Ben Dix. This final piece is a very gentle and uses some familiar themes from the opening piece, *Earth*, intending to evoke sensations of calm and ease.

## 4. The Performance



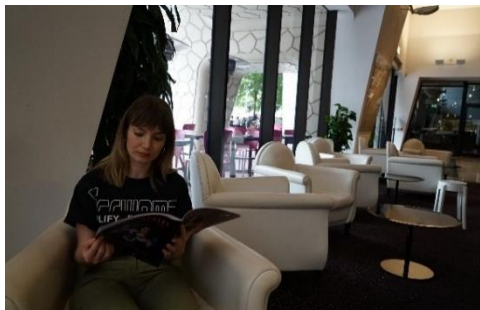
This Relaxed Performance will run for 45 minutes. There will be no interval. The house lights will remain on in the Primrose Potter Salon.



Doors to the Primrose Potter Salon will remain open for the duration of the performance.



The seating plan will include clear exit paths, more aisles and cushions on the floor.



A quiet space will be created in the ground level foyer for those who need a break.



The staff at Melbourne Recital Centre are looking forward to sharing music with you. We want you to enjoy every moment of your time with us. Please ask us if you need help or any other information.