

VIDA STRINGS

Experience | Enjoy | Explore

harmony - growth - inspiration - confidence - string quartet - quietude - positivity - violin - self-care - kindness - reflection - viola - cello - viola - cello - reflection - awareness - relaxation - resilience - stress-management - guided imagery - creativity - group cohesion - communication - music care - empowerment - grounding - comfort - empowerment - grounding - comfort - awareness - relaxation - resilience - stress-management - guided imagery - creativity - group cohesion - communication - music care - empowerment - grounding - comfort



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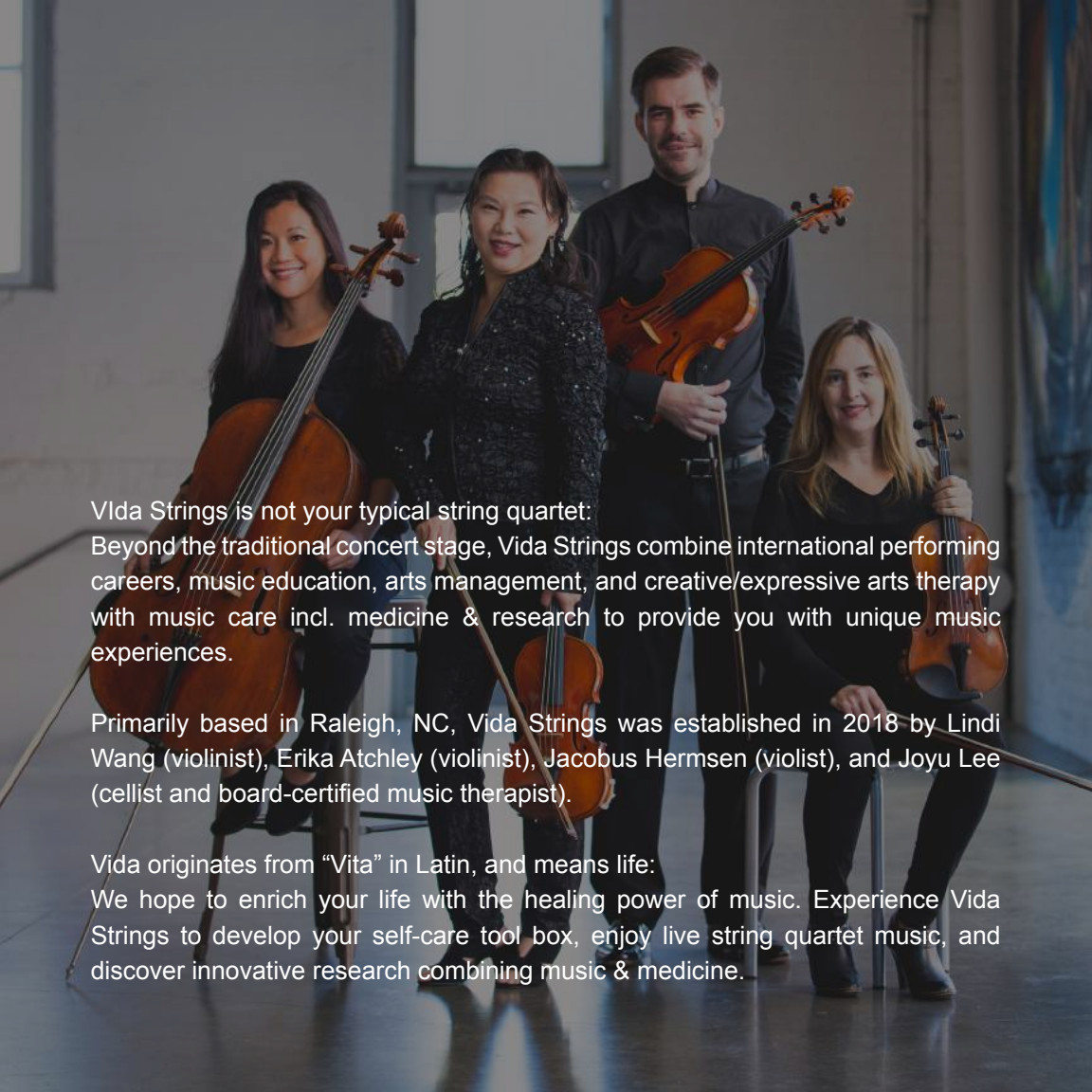
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Vida Strings is not your typical string quartet:

Beyond the traditional concert stage, Vida Strings combine international performing careers, music education, arts management, and creative/expressive arts therapy with music care incl. medicine & research to provide you with unique music experiences.

Primarily based in Raleigh, NC, Vida Strings was established in 2018 by Lindi Wang (violinist), Erika Atchley (violinist), Jacobus Hermsen (violist), and Joyu Lee (cellist and board-certified music therapist).

Vida originates from “Vita” in Latin, and means life:

We hope to enrich your life with the healing power of music. Experience Vida Strings to develop your self-care tool box, enjoy live string quartet music, and discover innovative research combining music & medicine.

MUSIC CARE

Vida Strings see the body & mind as an intertwined system. We focus on how mental health impacts physical health, how physical health impacts mental health, and how music can be used to positively alter both. Vida Strings offer specific workshops and group sessions to meet your individual needs.

CONCERTS

As a classically trained string quartet, Vida Strings also perform regular concerts, where you will get a chance to hear the greatest string quartets, and learn more about the extensive string quartet repertoire. We believe that classical music is for everyone, therefore audience engagement will be part of your concert experience.

RESEARCH

Studies indicate how music affects the brain and the body in a measurable way. Through research with medical professionals integrating music with medicine, we assist in providing evidence based, scientific data on the whole-body experience.