



# VIDA STRINGS

Experience | Enjoy | Explore



PRESS KIT



## ABOUT US

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 art therapy with music care incl. medicine & research to provide you with unique music experiences.

Based in the Triangle Area, NC, Vida Strings was established in Fall 2018 by Lindi Wang (violinist), Erika Atchley (violinist), Jacobus Hermesen (violinist), and Joyu Lee (cellist as well as a Board-Certified Music Therapist). From the start, Vida Strings has created an extensive network to share its expertise including Music Care, Concerts, and Research:

Vida Strings has recently collaborated with the UNC-Chapel Hill Neuroscience Department (Frohlich Lab). This research combined music and neuroscience to better understand how multiple brains synchronize and communicate. More about the research and the Frohlich Lab can be found on our website.

Music Care workshops about Guided Imagery and Music incl. adaptations for live string quartet music have been presented to Queens University - Music Therapy Department, and at the Guided Imagery and Music Seminar at Wildacres Retreat hosted by Appalachian State University. If you are interested in learning more about our workshops and/or would like to host us, please see our contact page for more information!

Vida Strings performed the Festival Finale at the Flourish Mental Health Festival at NC State University, in which we incorporated therapeutic interventions to encourage mental health awareness and burn-out prevention. Community outreach concerts have included Carol Woods Retirement Community, Sunrise Assisted Living Home, Independence Village of Ole Raleigh, and Martin Middle School Raleigh. Other exciting projects (current and past) include collaborations with WCPE Concerts for a Cause, the Carolina Contemporary Composers {C3}, North Carolina Governor's School West, and Women's Voices Chorus.

Currently, Vida Strings is the quartet-in-residence with Opera Carolina in Charlotte, NC. Productions include Verdi's "Macbeth", Puccini's "La Boheme", and Tappin's "I Dream".

Triangle Strings and Grace Lutheran Church Raleigh generously provide Vida Strings with a rehearsal space and a musical home.

Vida originates from 'Vita' in Latin, and means life. Vida Strings 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 offer a variety of group sessions such as guided imagery, meditation, and mindfulness to help you increase self-awareness, explore emotional and physiological responses, and to expand your self-care tool box.

Goals and objectives may include improvement of stress-management, resilience, comfort, confidence, and relaxation. 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.

### **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.





Violinist -  
Lindi Wang

Lindi Wang, born in Taiwan, is a founding member of Vida Strings. She holds a BM in Violin Performance from the Chinese Culture University, and a MM in Violin Performance from East Carolina University.

For the past 15 years, Lindi has been concertmaster for the Raleigh Civic Symphony Orchestra, and the Raleigh Civic Chamber Orchestra. She is also a sub violinist for the NC Symphony, and performed as concertmaster with the Carolina Philharmonic in Carnegie Hall, NY. For the 2019-2020 season, Lindi is Assistant Concertmaster with Opera Carolina in Charlotte, NC.



Violinist -  
Erika Atchley

Erika Atchley holds a BM in Violin Performance from the University of North Carolina School of the Arts and a MM in Violin Performance from the Manhattan School of Music. Erika has been Principal Second Violin of the Bar Harbor Chamber Orchestra since 1999 and a regular extra player at the NC Symphony since 2003. She is a former member of the first violin section of both the Harrisburg Symphony and the Manhattan Chamber Orchestra.

For the 2019-2020 season, Erika is Principal Second Violin with Opera Carolina in Charlotte, NC. As an avid educator and certified Suzuki violin teacher (SAA), Erika has held teaching positions at the Elaine Kaufman Center in NYC, The Queensboro College Suzuki Program with teacher trainer Nichole DiCecco in NYC, The Huntington Suzuki School in New York, as well as The Triangle Suzuki Talent Education program in Raleigh, North Carolina.



## Violist - Jacobus Hermsen

Jacobus Hermsen, is a native of the Netherlands. He holds a BM in Viola Performance from the University of Amsterdam School of the Arts, a BM in Viola Orchestra Performance, and a MM in Viola Solo Performance from the Hochschule für Musik 'Carl Maria von Weber' Dresden.

For more than 10 years, Jacobus has been professionally engaged with orchestras and opera houses in The Netherlands, Germany, Austria, and is now residing in Durham, NC. He is a certified Suzuki Violin Teacher (SAA), works as a Viola Teaching Artist at Kidznotes, and regularly plays with the NC Symphony, Chamber Orchestra of the Triangle, and Mallarmé Chamber Players among others.

For the 2019-2020 season, Jacobus is Principal Viola with Opera Carolina in Charlotte, NC.



## Cellist - Joyu Lee

Joyu Lee, born in Taiwan and raised in New York state, is a founding member of Vida Strings. She received a BM in Cello Performance from the National Taiwan Normal University, and a MM in Cello Performance from the Cleveland Institute of Music. From 2008 - 2012, Joyu has been a core member of Hyogo Performing Arts Center Orchestra, Japan. For the 2019-2020 season, she is Assistant Principal Cello with Opera Carolina in Charlotte, NC. She is a Board-Certified music therapist (MT-BC), and specializes in mental health care. She has been an advanced trainee of Guided Imagery and Music (the Helen Bonny Method-Psychotherapy in music) since May of 2015. Currently Joyu works at Voices Together as a music therapist. Voices Together offers an effective form of therapeutic support for children, teens, and adults with a range of needs including sensory processing disorder, Autism Spectrum Disorder, developmental and intellectual disabilities, Down Syndrome, Cerebral Palsy, and learning disabilities. Specialized in creative/expressive arts therapy, music-focused relaxation, anxiety, pain and depression treatment and management, Joyu offers individual and group sessions in Raleigh / Durham, NC.





## Our Services

### Music Care

Vida Strings offer specific workshops and group sessions to meet your individual needs. Topics include:

- Music for relaxation
- Music, Meditation, and Mandala for everyday living
- Guided imagery
- Focus improvement
- Cultivating awareness
- Building resilience
- Neuroplasticity
- Self-expression
- Using music for self-care
- Mindfulness based stress reduction

### 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.

Recent concert themes have included:

- Awareness
- Comfort
- Quietude
- Empowerment
- Inspiration
- Positivity
- Joy & Love



## 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.

Possible benefits of music interventions for hazardous health concerns:

- Reduction of anxiety
- Reduction of agitation
- Lower blood pressure
- Lower muscle tension
- Improve respiration and/or cardiac output
- Pain management
- Enhance communication/language skills
- Improve motor skills such as gait and range of motion
- Improve general developmental and cognitive skills (including reality orientation, attention, memory, and/or executive functioning)

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## Contact us

For more information about our services and upcoming events please visit:

**[www.vidastrings.com](http://www.vidastrings.com)**

For group sessions, bookings, and/or research collaborations please contact us directly:

Email: **[info@vidastrings.com](mailto:info@vidastrings.com)**

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