



**What do you think about... when you're alone...  
at night... in the dark?**

When we're alone, at night, without distractions, the mind becomes entertainment. Urgent, fascinating and compelling. The stories of the mind, transformed into a song cycle of beautifully evocative, lyrical, jazz-based songs that soothe the soul and have a strong affinity to mental health. Welcome to the world of *Nightsongs*.

It's impossible to stop thinking, not even meditation or medication can silence the relentless chattering that generates a whirlwind of thoughts, memories, feelings and emotions in a never-ending stream of consciousness. Even amongst the anxiety and sleeplessness there's always time to consider a diet detox and even yearn for connection on social media too!

**Written and composed by Natasha Moszenin**  
**Vocals by Jai Luke, Claire Nicholls and Lara Vocisano**  
**Piano by Natasha Moszenin**

**Sunday September 8, 2019**

**5pm**

**The Motley Bauhaus**

**Bookings - [https://www.trybooking.com/book/event?](https://www.trybooking.com/book/event?eid=519138&fbclid=IwAR16D474xr1gCPUWcfH2WysJICxObXSnyV6jm75nSaSoWrysUdgRf8Jn0y0)**

**[eid=519138&fbclid=IwAR16D474xr1gCPUWcfH2WysJICxObXSnyV6jm75nSaSoWrysUdgRf8Jn0y0](https://www.trybooking.com/book/event?eid=519138&fbclid=IwAR16D474xr1gCPUWcfH2WysJICxObXSnyV6jm75nSaSoWrysUdgRf8Jn0y0)**

And our Facebook page : - <https://www.facebook.com/nightsongsmusic/>