

The Song School

August 10-14, 2008
Lyons, CO

Schedule and Course Descriptions

Sunday, August 10th

2:00 Campgrounds Open

2:30 - 6:00 Student Registration

Monday, August 11th

TO DO LIST:

- Sign up for open stage drawing.
- Check master roster information at registration desk for accuracy.

8:00 - 9:00 Student Registration

Visit us at the Blue Heron Tent and pick up your bag, wristband, hat, official Song School laminate, and other goodies. Sign up for open stage drawing and mentoring sessions. There will be coffee, tea and muffins waiting each morning at 8:00 as well, along with burritos through our on-site vendor...

8:00 Morning Movement and Stretching

Annie Wenz will help celebrate the morning by leading gentle yoga, tai chi & dance based movement, stretching & breathing exercises. No prior experience necessary. (Meet in front of silo.)

9:00 Orientation

Official welcoming; we'll cover logistics, put the program in perspective, introduce instructors, and get you prepared for the week. Please be there.... (Wildflower Pavilion)

9:15 - 10:15 Opening Session: Song School Community Sing

"Walking thru the door is the only audition." In this opening session, Moira Smiley will lead an all group harmonic convergence that will have all of us resonating in time and in tune for the week ahead. (Wildflower Pavilion)

10:30 - 12:30 Electives

- 1) **Directed Writing with Paul Reisler** - Twenty years ago, a friend gave me the best advice I've ever heard regarding songwriting. He told me to get up every morning and write a song, complete it, and put it in a file folder and not look at it for 6 months. Not a good song or a long song necessarily, just a song. Two years and several hundred songs later, I realized that I had not only learned a lot about the craft of songwriting, but a great deal about how to generate ideas and images and carry them through, how to dance around writers block and how to fool myself into approaching my writing in a fresh way each day. We'll be writing in a very directed way that will give you the tools to write on a daily basis. This is a multi-day workshop that is progressive. We will not take new people after the 2nd day. (Wildflower Pavilion)

- 2) **Song Sessions with Steve Seskin and guest Pat Pattison** - The focus of these sessions will be an in-depth look at the participants' songs, hopefully turning each song into teachable moments that will benefit the writer as well as the other participants. We'll spend time identifying what's good and what could be even better. This session is open to as many people as wish to attend, but the emphasis will not be on getting to a song written by each person as much as everyone learning something from the songs we do get to. I imagine we'll look at 4 or 5 songs each morning. I prefer that people play live so we can more easily try some different things especially when it comes to melody and phrasing. I will offer this class on three mornings and it's fine to attend one or all the sessions. (Mountain Lion Tent)

- 3) **Performance with Amy Speace - Session 1** - A 3 day Performance Workshop. Each day we tackle different issues of performance, building one day to the next with plenty of opportunities to play. Come to all or come to one. We'll tackle performance questions for the beginner to the seasoned troubadour, from overcoming stage fright to deepening the performance of your song through exercises inspired by Storytelling, Improvisation and Acting. Inspired by Julie Portman's Workshop, we will look at the Song as Story, how can we free our creative minds to find the heart and truth of our stories. Moving forward from there, we will look at the practicalities of Performance and Stagecraft. **Session 1:** What is the story at the heart of your song? How do you find it? Who are YOU in the story as the performer/writer? We will look at the choices we can make and help each other to deepen our relationships to our own words, strengthening performance and enhancing our rapport with the audience. (Festival Main Stage)

I refused to be intimidated by reality anymore. What's reality? Nothing more than a collective hunch! – Lily Tomlin

- 4) **Capo Envy - Obsessive Capo Disorder** - Have you ever seen artists using multiple or partial capos and wondered "What on earth are they doing!?" Chances are you've been stricken by partial capo envy. No need to fret... actually, there is, but worry not! This workshop will introduce the keys to understanding how to use both the Kyser "Drop-D" and "Shortcut" capos in standard tuning. It's easier than it looks! You will learn a simple way to use single or multiple partial capos to enhance your guitar sound and apply it to songs you've already written or songs to come using chords you already know. Handouts will be provided and partial capos are available for use and purchase at the workshop. There will also be time to share your discoveries and get feedback from Justin and the group. Some guitar experience is necessary, but this workshop is open to beginners as well as seasoned players. With Justin Roth. (Hummingbird Tent)

- 5) **Guitar Basics – Novice / Early-Intermediate level** - This workshop with Arthur Lee Land covers guitar basics that will help you deliver your songs with more variety and punch. Topics covered: various picking and right hand strumming/muting techniques, anti-spider finger technique to learn new chords faster making it easier to move between chord changes and basic techniques for using capos for alternate chord forms and inversions. We will also touch on ideas to help embellish your songs by adding tasty guitar fills using basic hammer on/pull off techniques in common guitar keys. (Trout Tent)

- 6) **How To Sell Your Music Without Selling Your Soul** - This workshop begins with identifying your music mission (what your music gives to others) which provides a guide for focus, decision-making, and staying positive during challenging times. We'll also discuss dealing with gremlins like competitiveness, fear, and doubt; explore the differences between selling yourself and marketing; and share ways to think outside the CD case (alternative income sources). All topics will be examined with one goal in mind: staying true to who you are so you can work in the music industry with honesty and integrity. Facilitated by Terri Mazurek, a social worker-turned-booking agent; and Ellis, a full-time touring artist. (Lizard Tent)

- 7) **Vocal Techniques** - Moira's approach mixes a keen understanding of the vocal mechanism with unusual repertoire and performance practice. Learn to use all the colors in your voice, understand how to improve breathing, volume, control. Using your own songs, and songs from Moira's travels in several vocal folk traditions, you'll get gritty, virtuosic, sensual and ethereal new sounds from your voice. Warm-ups, fundamentals and "vocal troubleshooting" will accompany learning of Irish, Eastern European, South African and early gospel repertoire. Learn - by singing - how timbres, ornaments and language can expand your own sound and pull you in new directions. (Bear Tent)

12:30 - 1:30 Lunch Break

Confirm open stage performance times posted in Blue Heron Tent.

1:30 - 4:00 Creative Songwriting Groups: Session 1

The first of four daily songwriting sessions with instructors: Steve Seskin*, Vance Gilbert, Melissa Ferrick, Paul Reisler**, Susan Werner, Pat Pattison***, Josh Ritter and Ron Browning****. This session lasts until 4pm. Instructors will meet at the same location (mostly) each day as noted below. An additional offering will be included in the mix each day as well.

MEETING PLACES

- Josh Ritter – Mountain Lion Tent
- Steve Seskin* – Hummingbird Tent
- Vance Gilbert – Eagle Tent (backstage)
- Paul Reisler** – Blue Heron Tent
- Pat Pattison*** – Wildflower Pavilion
- Melissa Ferrick – Spider Tent
- Susan Werner – Lizard Tent
- Ron Browning**** – Bear Tent

- ***PLEASE NOTE: Steve Seskin** will offer: **Lyric writing** - We will cover many facets of lyric writing in this course including an examination of point of view, from simple first person to more complicated models like first person when it's obviously not you, universal first person, and inventing a device to make it easier to tell a story. I like to think that there is a most powerful way to write every song. The trick is exploring the possibilities and choosing the best one. We'll also look at how to combine emotion and imagery to create the most potent lyrics. We'll also talk about rhyme and how to use it to your advantage. (Hummingbird Tent)
- **** PLEASE NOTE: Paul Reisler** will offer: **Creating Memorable Melodies** - Are you a prisoner of your chord changes? When was the last time you left a concert humming the chord changes? The emotional power of the music lies in the melody, yet training in melody writing is a sadly neglected part of the contemporary songwriter scene. This workshop is about melody and it's magical interaction with a lyric. There will be lots of techniques for building melodies from short motifs. We'll explore what makes a melody memorable, how to make the music support the emotion of the lyric, how to control the forward movement of your song, discovering the music in the lyric, finding melodic inspiration and much more. This is an active, participatory workshop that will give you lots of tools for developing your melodic ideas into memorable songs. (Blue Heron Tent)
- *****PLEASE NOTE: Pat Pattison** will offer: **Prosody** - Learn to increase the power of your songs by crafting your lyric into stable and unstable sections. We'll focus on how the elements of structure, including rhythm, rhyme, rhyme types, line lengths and number of lines, create motion to support the Emotion of your song. (Wildflower Pavilion)

- ******PLEASE NOTE: Ron Browning will offer: The Master Voice Class** - Join Ron Browning for a fun and engaging master class and discover your natural voice. Discover your “unique sound” through speech. Your singing voice is the same as your speaking voice. Use simple tricks of casual conversation to make your singing have a more intimate and honest delivery. Learn the dos and don'ts of lyric interpretation. Learn about the projection power of a baby's cry. Add “cry” to your singing voice and walk away from vocal faults and your fear of high notes. Learn how to sing without vocal fatigue. Both vocal and performance techniques will be taken into consideration for the more advanced singers. Come with questions. Guitars and recorded tracks are welcomed. (Bear Tent)

4:15 - 5:30 Monday Electives

- 1) **Embellishing Your Song** – Intermediate/Advanced levels - Bring your songs to this interactive workshop with Arthur Lee Land and learn new ways to embellish your song by adding tasty guitar fills, substitute chord changes, various picking and strumming approaches, alternate chord forms and inversions, varied capoed positions and more. (Blue Heron Tent)
- 2) **Stagecraft; How To Capture an Audience** – How to connect with an audience, have fun on stage, get over nerves, stay present, start your show, know when to get off the stage.... Susan Werner will take you through the trials and tribulations of LIVE performance. (Wildflower Pavilion)
- 3) **Making Goals for Your Music** - Sometimes the path to having a career in music seems so long and twisting that we don't even know how to get started. In this class, we'll look at what we want out of our music and how we can build a rewarding life with our songs. I'll show you the process I have used as I've moved through my career so far. With Josh Ritter. (Mountain Lion Tent)
- 4) **The Self of a Songwriter** - The essential ingredient in songwriting is the songwriter as a person. Who you are, how you think about the world, and how you tend to yourself will impact your songwriting. In this discussion, Michael Bowers, who in addition to being a songwriter was trained as a therapist, will work with participants to define strategies for finding their unique voice and perspective. We'll also talk about how to nurture and feed who YOU are as a person and a songwriter--because without nurturing we all become dry. You'll leave the session with a greater appreciation for who you are as an artist, and ways to magnify and extend your creative expressions. (Bear Tent)

*“All the arts we practice are apprenticeship.
The big art is our life.” M.C. Richards*

- 5) **Sing What You Mean: Using our Voices Fully to Express the Text and Melodies We Write** - Do you sometimes feel disconnected when singing your own lyric? Do you ever go to perform your songs and feel like a robot...doing the same thing you always do? Do you want to find a way to sink into the meaning even deeper within your song? Using techniques borrowed from acting and voicework, we will put our songs and the “singing of them” under a microscope, reinforcing that we are singing what we mean, meaning what we sing, and finding ways to allow the natural voice to express the lyric without having to “act” your way through the performance. Bring lyrics to a song written out and be prepared to sing! With Amy Speace (Spider Tent)
- 6) **Money, Money, Money: That’s What I Want!** - Learn the basics of getting grants whether you represent an organization seeking arts funding or are an individual artist. You will learn where to find grant funding and how to create a fundable series, program or performance. You'll learn how to create an artist/org. mission statement, a program description, and a realistic budget. If you're saying "what's that?" to any of this, you need to come to this workshop. The workshop is an introduction to grantwriting but will also be gauged to the attendees' individual needs as much as possible. With Siobhan Quinn (Trout Tent)
- 7) **Workin' the Groove (Finding Your Rhythm and Using It!)** - Great for songwriters, teachers, dumpster divers, percussionist wannabe's AND those who'd like to have a bag of tools for passing the rhythm torch to others! Songwriter/Percussionist/Accompanist Annie Wenz leads this "hands on" fun and informative workshop for anyone who'd like to learn more about the heart of the art of groove and percussion ...Annie covers all the bases... from bringing better "groove" to your songs, to techniques for improving your groove coordination (simple rhythm exercises), to writing/starting from a rhythm, simple percussion techniques (how can I get the best sound out of that drum or shaker or washbucket?), percussive accompaniment (how to back up your friend's song or your recording without mashing all over it?), to playing polyrhythms, and reading/writing a polyrhythm chart. With Annie Wenz, Jennifer “JJ” Jones, Jagoda, Moira Smiley (Hummingbird Tent)
- 8) **Poetry Workshop** - This will be a sweet little workshop focusing on writing and publishing poems. Rebecca Folsom will share her experience how moving from being a songwriter to writing poems and publishing books can open up new creative outlets. We will look at various writings to see how the simplicity of spoken word can go right to the heart; how throwing out some of the "rules" can make for a more authentic piece of work, and how approaching writing from a different perspective can open up surprising new creative avenues, enriching what you are already doing. We will discuss how to get started, how to keep the ball rolling, and how to get your work out in the world through books, the Internet, and performance. Feel free to bring a poem to share. Rebecca has published two books *Your Life Is A Masterpiece* and *Sliver on Kalmia Publishing*, available at amazon.com, cdbaby.com and rebeccafolsom.com and bookstores. (Lizard Tent)

- 9) **Mentoring (one-on-one) Sessions** - Justin Roth (Raven Tent), Terri Mazurek (Elk Tent), Ellis (Dragonfly Tent) Sign up at the Blue Heron Tent (registration tent) at 9am.

6:00 - 7:30 Academy Barbecue

The barbecues are open to Academy students and their registered guests. Your wristband is your meal ticket. Menu: Coleman Beef Burgers and Veggie Burgers with Natural Swiss and Cheddar Cheese, Corn on the Cob, Pasta Salad, Caprese Salad, Cole Slaw, Bread or Roll, Vanilla Pear Mousse or Brownie. **Please compost everything: NOTE: utensils, plates, cups and beer cups are all made of corn! And please compost all food scraps.**

7:30 Open Stage

Confirm your day and time posted in Blue Heron Tent. Song School instructor kick off. (Wildflower Pavilion)

*“Without music, life
would be a mistake.”
- Nietzsche*

Tuesday, August 12th

TIP OF THE DAY

If you have a Festival related question or problem, please let us know before class or during lunch break today so we can help you work out a solution before the Festival. Use message board as needed.

TO DO LIST

- Mentoring session sign ups. All sign up sheets will be put out at 9am each morning in the Blue Heron Tent.
- Your night to play the open stage? Confirm your time at Blue Heron Tent.
- Check master roster information for accuracy.
- Musical supplies will be available for sale after class today!

8:00 Morning Movement and Stretching

Annie Wenz will help celebrate the morning by leading gentle yoga, tai chi & dance based movement, stretching & breathing exercises. No prior experience necessary. (Meet in front of silo.)

10:30 - 12:30 Electives

- 1) **Directed Writing with Paul Reisler** - Twenty years ago, a friend gave me the best advice I've ever heard regarding songwriting. He told me to get up every morning and write a song, complete it, and put it in a file folder and not look at it for 6 months. Not a good song or a long song necessarily, just a song. Two years and several hundred songs later, I realized that I had not only learned a lot about the craft of songwriting, but a great deal about how to generate ideas and images and carry them through, how to dance around writers block and how to fool myself into approaching my writing in a fresh way each day. We'll be writing in a very directed way that will give you the tools to write on a daily basis. This is a multi-day workshop that is progressive. We will not take new people after the 2nd day. (Wildflower Pavilion)
- 2) **Song Sessions with Steve Seskin and guest Pat Pattison** - The focus of these sessions will be an in depth look at the participants songs, hopefully turning each song into teachable moments that will benefit the writer as well as the other participants. We'll spend time identifying what's good and what could be even better. This session is open to as many people as wish to attend, but the emphasis will not be on getting to a song written by each person as much as everyone learning something from the songs we do get to. I imagine we'll look at 4 or 5 songs each morning. I prefer that people play live so we can more easily try some different things especially when it comes to melody and phrasing. I will offer this class on three mornings and it's fine to attend one or all the sessions. (Mountain Lion Tent)

- 3) **Performance with Amy Speace - Session 2** - A 3 day Performance Workshop. Each day we tackle different issues of performance, building one day to the next with plenty of opportunities to play. Come to all or come to one. We'll tackle performance questions for the beginner to the seasoned troubadour, from overcoming stage fright to deepening the performance of your song through exercises inspired by Storytelling, Improvisation and Acting. Inspired by Julie Portman's Workshop, we will look at the Song as Story, how can we free our creative minds to find the heart and truth of our stories. Moving forward from there, we will look at the practicalities of Performance and Stagecraft. **Session 2:** Sing What You Mean. Mean What You Sing. Now that we know the story, how do we get it across? How do we sing the same song every night and still tap into our Story? Are we just singing the words or are we offering the story to our audience? We'll look at how the performance of the instrument and the voice can be strengthened and honed. (Festival Main Stage)
- 4) **Plan Your Music Business (so you can get back to making music)**
Geared towards performing musicians who are interested in making a living making music and who need help with the business end of things. Receiving guidance from booking agent/artist consultant Terri Mazurek and singer/songwriter Ellis, participants will set a direction for their music career, plan goals for the next 5 years, and develop a business plan. There will also be an opportunity to participate in a follow-up mentoring session in order to further clarify goals and next steps. Terri and Ellis recommend attending the "How to sell your music without selling your soul" workshop prior to this one (either this year or last year's session), but it is not a requirement. (Lizard Tent)
- 5) **The Master Voice Class** - Join Ron Browning for a fun and engaging master class and discover your natural voice. Your singing voice is the same as your speaking voice. Discover your "unique sound" through speech. Use simple tricks of casual conversation to make your singing have a more intimate and honest delivery. Learn the dos and don'ts of lyric interpretation. Learn about the projection power of a baby's cry. Add "cry" to your singing voice and walk away from vocal faults and your fear of high notes. Learn how to sing for long hours without vocal fatigue. You will sing a song and get "on the spot" vocal coaching. Both vocal and performance techniques will be taken into consideration for the more advanced singers. Come with questions. Guitars and recorded tracks are welcomed. (Bear Tent)
- 6) **Performance with Vance Gilbert** - A practical performance workshop in which you'll have an opportunity to hone your existing song delivery skills or adopt/adapt new ones. Bring a song and practice everything from eye contact, pater dynamics, timing, body positioning and more will be examined in a supportive atmosphere. (Eagle Tent-backstage)

7) Take a Lead Break On Your Own Song: Novice and Early Intermediate levels

We will use chord changes from participant's songs and Arthur Lee's "Live Looping" technology to provide a framework for exploring soloing ideas using two simple three-octave pentatonic scale patterns. Also covered in this workshop will be the concepts of improvisational melody-based solos, hearing and singing what you play and bending notes. (Hummingbird Tent)

8) Experimenting With Altered Tunings and Multiple Capoes

- This workshop is about expanding musical possibilities on the guitar – have you ever felt limited by having to play in standard tuning all the time (i.e. hard chord fingerings, etc), or confused by other people using altered tunings and multiple capos and making it sound so good. Well this workshop will introduce you to the magical world of multiple three string capos with altered tunings! The focus of the workshop is to begin to open up your musical thought processes to the experimentation Bill has developed through necessity. He will show you his process for using altered tunings and capo schemes to produce very colorful guitar sounds that used to be only possible with three and four fingerchords, but now with just one and two fingers! With Bill Nash. (Blue Heron Tent)

9) Mentoring - Alan Rowoth (Turtle Tent)**12:00 - 1:30 Lunch Break**

Confirm open stage performance times posted in Blue Heron Tent.

1:30 - 4:30 Creative Songwriting Groups: Session 2

Your daily dose of songwriting with instructors: Steve Seskin*, Vance Gilbert, Melissa Ferrick, Paul Reisler**, Susan Werner, Pat Pattison***, Josh Ritter and Moira Smiley****. This session lasts until 4pm. Instructors will meet at the same location (mostly) each day as noted below. An additional offering will be included each day as well. Classes end at 4:30pm.

MEETING PLACES

- Josh Ritter – Mountain Lion Tent
- Steve Seskin* – Hummingbird Tent
- Vance Gilbert – Eagle Tent (backstage)
- Paul Reisler** – Blue Heron Tent
- Pat Pattison*** – Wildflower Pavilion
- Melissa Ferrick – Spider Tent
- Susan Werner – Lizard Tent
- Moira Smiley**** – Bear Tent

"Why not go out on a limb? That's where the fruit is." - Will Rogers

- ***PLEASE NOTE: Steve Seskin will offer: Melody and Music** - In focusing on melody writing, I teach from a place of writing melodies for lyrics. Prosody is the marriage of music and lyric. We will explore ways to determine if the overall vibe of the music feels right, and look at specific parts of songs in terms of choosing an appropriate melody that milks the emotion that the writer would like the listener to feel from the lyric. I will also talk about phrasing and accents. There is an important word in every sentence. We'll look at choosing accent places that stress the right syllables and help drive home your point. Music can actually change the meaning of a lyric when used to its fullest potential. We'll also discuss rhythm and range and how to use them effectively in songs. (Hummingbird Tent)
- **** PLEASE NOTE: Paul Reisler will offer: Harmony and Chord Substitution** - This workshop starts where Creating Memorable Melodies leaves off. We'll learn how to set chords to your melody, how to shade the emotion of the moment with a proper choice of chords, chord types and substitutions, using harmony to control forward motion, creating contrast in your song structure, and much more. In addition, we'll take one song and harmonize it in 8 different ways using different types of chord substitutions. Again, this is a participatory workshop that will give you specific techniques and inspiration to use in your music. Previous participation in one of Paul Reisler's melody workshops is strongly recommended. (Blue Heron Tent)
- *****PLEASE NOTE: Pat Pattison will offer: Verse Development: Solving "Second Verse Hell"** - Learn how to develop the flow of ideas BEFORE you waste time writing a lyric that dead-ends in some dark alley. Arrange your ideas so the song gains rather than loses interest as it moves forward, creating a chorus or refrain that can be repeated effectively without having to change the words each time. (Wildflower Pavilion)
- ******PLEASE NOTE: Moira Smiley will offer: The Voice as an Instrument** - What if you have just your voice and your body to make melody and rhythm with? Creating vocal parts that defy the tried and true is an exciting way to discover new roles for your voice (and your bandmates' voices). Avoiding the cliché pitfalls of the "a cappella" use of voices-as-band-instruments, we extend the voice to be rhythm, loop, bass, harmony and high-flying improvisation instrument. Many of us don't use our physicality as much as we want to when we perform. We'll do creative, physical exercises and games that make us think about the power of our gaze, the flexibility of our core, our legs, our arms and the ability of our bodies to be instruments as much as our voices, guitars and keyboards. Body percussion, commedia del arte and physical theatre elements will be brought into the fun. (Bear Tent)

4:30 Creative Gap: Woodshed/Relax/Float/Enjoy...

4:30 - 5:30 Mentoring (one-on-one) Sessions

Justin Roth (Raven Tent), Alan Rowoth (Elk Tent) Terri Mazurek (Turtle Tent), Jennifer

“JJ” Jones (Wildflower Pavilion), Ellis (Dragonfly Tent), others TBA

4:45 - 6:00 HB Woodsongs Traveling Music Store

The easy way to have items like picks, strings, capos, music, delivered to you. Feel free to call them ahead of time with special requests (303-449-0516). They will set up in front of the bathhouse in the courtyard immediately after class.

8:00 Open Stage

Confirm your day and time posted in Blue Heron Tent. Song School instructor kick off. (Wildflower Pavilion)

“When you do things from
your soul, a river runs thru
you.” – Rumi

Wednesday, August 13th

TIP OF THE DAY

Pace yourself and enjoy!

TO DO LIST

- Mentoring session signups. Sign up sheets out at 9am in the Blue Heron Tent.
- Your night to play the open stage? Confirm your time at Blue Heron Tent.

8:00 Morning Movement and Stretching

Annie Wenz will help celebrate the morning by leading gentle yoga, tai chi & dance based movement, stretching & breathing exercises. No prior experience necessary. (Meet in front of silo.)

9:30 - 12:00 Electives

- 1) **Directed Writing with Paul Reisler** - We'll be writing in a very directed way that will give you the tools to write on a daily basis. This is a multi-day workshop that is progressive. Sorry, no new people after Tuesday. (Wildflower Pavilion)
- 2) **Song Sessions with Steve Seskin and guest Susan Werner** - The focus of these sessions will be an in-depth look at the participants' songs, hopefully turning each song into teachable moments that will benefit the writer as well as the other participants. We'll spend time identifying what's good and what could be even better. This session is open to as many people as wish to attend, but the emphasis will not be on getting to a song written by each person as much as everyone learning something from the songs we do get to. I imagine we'll look at 4 or 5 songs each morning. I prefer that people play live so we can more easily try some different things especially when it comes to melody and phrasing. (Mountain Lion Tent)
- 3) **Performance with Amy Speace; Session 3** - Putting It Together. The arc of the longer Story: the set. We'll look at the practicalities of honing a full performance, choosing your material, putting the setlist together including banter and other simple stagecraft techniques. (Spider Tent)
- 4) **Vocal Improvisation** - From a simple break (solo) in a song, to an extended, emotional improv to an incredible dialogue with other singers and musicians - here are some super fun, illuminating games and exercises and just plain supportive space for vocal improvisation. Then we see how we can bring some harmonic surprises into our own songs. With Moira Smiley (Bear Tent)

- 5) **The Master Voice Class** - Join Ron Browning for a fun and engaging master class and discover your natural voice. Discover your “unique sound” through speech. Your singing voice is the same as your speaking voice. Use simple tricks of casual conversation to make your singing have a more intimate and honest delivery. Learn the dos and don'ts of lyric interpretation. Learn about the projection power of a baby's cry. Add “cry” to your singing voice and walk away from vocal faults and your fear of high notes. Learn how to sing without vocal fatigue. Both vocal and performance techniques will be taken into consideration for the more advanced singers. Come with questions. Guitars and recorded tracks are welcomed. (Trout Tent)
- 6) **Getting Started with Altered Tunings** - Want to explore altered tunings but don't know where to start? This workshop with Justin Roth will explore ways to understand, compose in, convert songs to, and switch between altered tunings. No need to be intimidated by too much music theory, we will learn a simple way to relate altered tunings to songs you've already written or songs to come. Handouts will be provided to get you started with chord positions in different tunings. In addition, other techniques will be introduced to help enhance your solo guitar sound. (Lizard Tent)
- 7) **Take a Lead Break On Your Own Song - Intermediate/Advanced levels** - We will use chord changes from participant's songs and Arthur Lee's “Live Looping” technology to provide a framework for exploring intermediate and advanced soloing ideas. Building on the pentatonic pattern ideas presented in Part 1, we will be covering techniques to help you develop clarity in your phrasing such as Major and Minor Pentatonic Scale Substitution, Motif Playing, Question & Answer, Melodic & Rhythmic Repetition, Target Notes and Color Tones. (Hummingbird Tent)
- 8) **Mentoring** - Alan Rowoth (Turtle Tent), Rebecca Folsom (Elk Tent), Jennifer “JJ” Jones (Wildflower Pavilion), Terri Mazurek (Dragonfly Tent) others, TBA

12:00 - 1:30 Lunch Break

Confirm open stage performance times posted in Blue Heron Tent.

1:30 - 4:00 Creative Songwriting Groups: Session 3

Your daily dose of songwriting with instructors: Steve Seskin*, Vance Gilbert, Melissa Ferrick, Paul Reisler**, Susan Werner, Pat Pattison***, Josh Ritter and Moira Smiley****. Classes end at 4:00pm.

MEETING PLACES

- Josh Ritter – Mountain Lion Tent
- Steve Seskin* – Hummingbird Tent
- Vance Gilbert – Eagle Tent (backstage)
- Paul Reisler** – Blue Heron Tent
- Pat Pattison*** – Wildflower Pavilion
- Melissa Ferrick – Spider Tent

- Susan Werner – Lizard Tent
 - Moira Smiley – Bear Tent
- ***PLEASE NOTE: Steve Seskin will offer: Rewriting and Creativity** - This class will focus on rewriting - how it differs from writing. We will explore songs that I've rewritten and why and then apply those techniques to a song from each student. We will examine all types of rewriting. Are you rewriting because the content is not serving the moment in the song, or is the problem the tone of how you put forth your idea? We'll also look at how to know when a song is done and the wisdom of sticking to the task versus putting a song away for a while and giving it a rest. Many times I write more than I need to just to give myself choices. (Hummingbird Tent)
- ****PLEASE NOTE: Paul Reisler will offer: Kid Pan Alley; Songwriting For Kids** I'm the founder and artistic director of Kid Pan Alley. We've now written over 1,000 songs with close to 20,000 children using a group songwriting process I've developed. Songwriting with kids is fun. It's part of how we give back some of what has been given to us and it sows the seeds for a new generation of songwriters. It's also great for our own songwriting chops because we have to work quickly using our intuition and wits. There's no time for the dreaded editor. Their minds work in the way we wish ours would when we write songs--non-linearly. It has been the best thing I have ever done for my own songwriting. And it may be the most likely way to make money with your songwriting. Here's how this workshop works. We'll spend the first hour of the session writing a song together using the process I've developed for Kid Pan Alley, the rest of the time will be discussing ideas about how to generate ideas, focus the song, and come up with the music. Then we discuss how to use your songwriting skills to serve your community and develop a music career in a parallel universe to the music business. (Blue Heron Tent)
- *****PLEASE NOTE: Pat Pattison will offer: Phrasing and Placement--The Body Language of Your Song** This seminar will give you important keys to phrasing your lyrics for the most impact and support of meaning. We'll work with rhythms and placements, making sure that your ideas and lines, like body language, help to really deliver the emotion you intend. This is a "can't miss" seminar -- it's bound to take your writing to the next level. (Wildflower Pavilion)
- ******PLEASE NOTE: Moira Smiley will offer: Vocal Toolbox** - We'll bring all the elements of Moira's classes into play for this class. It will be a review of vocal fundamentals, improvisation, writing with your voice, incorporating the wisdom of several vocal folk traditions. Also, Moira will address YOUR vocal concerns by doing short, intensive coaching of your voice and performance practice - in gentle master-class format. (Bear Tent)

4:15 – 5:30 Electives

- 1) **Performance 201** - A class specially designed for students whom, over the last 10 years, have had at least one session with Vance in his Performance workshop or his Songwriting Through the Eyes of Performance workshop. Here's a place to dig even deeper into those stage and songwriting skills. Set list, pacing, patter, large room versus small room, off versus on mike singing, indoor versus outdoor venue, where to place a cover tune and other fine points will be practiced and examined. (Eagle Tent)

- 2) **Performing Songwriter Think Tank: Making a Living Making Music in the 21st Century** - Let's put our heads together and discuss issues facing musicians who tour and record their own music: How can I tour when gas is \$4/gallon? Should I only put out digital music? How do I find my audience when I'm one of a million musical acts on Myspace? Should I Twitter? What is Talkshoe? Bring your tough questions, ideas, and participate in this think-tank session focused on adapting in order to keep making music in the 21st century and beyond. With Terri Mazurek, Ellis and Melissa Ferrick (Bear Tent)

- 3) **Enhance Your Solo Performance With ... The Art of Live Looping** - Through dynamic performance, demonstration and audience participation, multi-instrumentalist Arthur Lee Land teaches the fundamentals in The Art of Live-Looping. The elements of musicianship, technology, sound engineer, arranger and entertainer all come together in this 21st century art-form. Learn how Arthur combines traditional instruments and emerging technologies to create an entire one-man band and how you can use live-looping to enhance your live performances. Live-looping is also a great tool for writing songs and practicing your instrument. Students will participate in improvised song creation and build their own loops. (Hummingbird Tent)

- 4) **Marketing: Synergies and Alternatives** - Alan Rowoth talks about supplemental marketing strategies to augment artist booking, sales, and promotion. Finding synergies in other communities that spread your music to new audiences. Develop new promotional opportunities. Find a way to stand out more easily along the road less traveled by not taking an identical marketing path to your contemporaries. We'll talk about all kinds of partnerships to enlist others in your mission, trying to delve deeply into unexplored opportunities waiting to be mined. Alan will also discuss recent internet opportunities like sonicbids, onlinegigs.com, youtube, Second Life and other virtual communities. (Lizard Tent)

“The last of the human freedoms - to choose one’s attitude in any given set of circumstances, to choose one’s way.” - Victor Frankl

- 5) **Who's Who in Music** - The music business is not as evil as many say it is. I have met hundreds of great people who make their living every day in all facets of the industry, and I believe that making a living with music is a matter of matching your goals to the goals of others. This class is a broad overview of some of the people a songwriter may work with on a daily basis as they go about making a life from their music. Whether it's a booking agent, a manager, a song-plugger, a business manager or a guitar tech, we'll talk about who's who, discuss when they can be useful to you, and how you can assemble a team that will push your career into new places. With Josh Ritter (Mountain Lion Tent)
- 6) **Creating A Show Script** - OK, so you love to write songs, but does the idea of performing them in front of people make you wish you were getting a root canal instead? Do your hands feel like bowling balls? And why does it feel like you're trying to sing through a straw? Do you get anxious? Feel unprepared? Have no fear! This class will help you harness that raw energy and the experiences that inspired your songs and put them to work *FOR* you, not against you. Discover what you need *BEFORE* the show to increase your confidence so that you can put on your best performance. A Show Script is a written description of what your performance will *look and feel* like from the inside out. It's an outline that helps you get in touch with all of the creative and emotional elements that guide your performance. The best part is that it's tailor made to fit *YOU* by you. Think about the kind of performance you wish you could give; the kind of performer you know you are deep down inside. Now be that performer! You can drop the bowling ball now. With Kathrin Shorr and Tim Burlingame (Spider Tent)
- 7) **Passport Required: International Touring Without a Record Label, Agent or Manager** - Touring outside the USA presents some daunting logistical challenges. But it can also prove immensely rewarding, artistically, professionally and personally. This workshop with Mike Beck examines the nuts-and-bolts of touring internationally, including getting gigs, making contacts, transportation, P.A. and backline, financial realities of touring overseas, as well as strategies for maximizing your impact before, during and after your tour. Handouts include contact info for European and Asian venues, booking agencies and radio stations as well as a planning sheet and actual tour budget. (Deer Tent)
- 8) **Can It Be This Easy – The Art of Vocal Freedom** (or Make a million dollars while you sleep, Stay young forever, and lose 10 pounds, all in this simple workshop!) Sometimes it only takes a few minor adjustments in focus and technique to create crucial and lasting change. The voice is the barometer of the soul, and the instrument is you. Training your whole being to be awake, at ease, and working in synchronicity you gain access to your own authentic, balanced, passionate voice. We will practice a very unique blend of traditional and non-traditional vocal technique, martial arts, yogic posture, Toltec and Taoist exercises. Together we will embody lightness, agility, power, stamina, joy, depth, and relaxation in vocal resonance and personal presence. With Rebecca Folsom. (Trout Tent)

- 9) **Mentoring (one-on-one) Sessions** - Moira Smiley (Elk Tent), Brendan Okrent (Turtle Tent), Jennifer “JJ” Jones (Wildflower Pavilion), Justin Roth (Raven Tent), Arthur Lee Land (Dragonfly Tent), others TBA

8:00 Open Stage

Confirm your day and time posted in Blue Heron Tent. Song School instructor kick-off. (Wildflower Pavilion)

*“If a man does not keep pace with his companions,
perhaps it is because he hears a different
drummer. Let him step to the music which he
hears, however measured or far away.”*
- Henry Thoreau

Thursday, August 14th

TIP OF THE DAY

Pick up your Festival wristbands. (Festival Box Office opens at noon.)

TO DO LIST

- Your night to play the open stage? Confirm your time at Blue Heron Tent.
- Mentoring session sign ups.
- Song School Vehicle Transition 12-1:30pm. Shuttle provided. All vehicles without passes must be off property by 1:30pm. (*you know who you are...*)

8:00 Morning Movement and Stretching

Annie Wenz will help celebrate the morning by leading gentle yoga, tai chi & dance based movement, stretching & breathing exercises. No prior experience necessary. (Meet in front of silo.)

9:30 - 12:00 Creative Songwriting Groups: Session 4

Final songwriting session with instructors: Steve Seskin*, Vance Gilbert, Melissa Ferrick, Paul Reisler**, Susan Werner, Pat Pattison***, Josh Ritter and Ron Browning****. Classes ends at noon.

MEETING PLACES

- Josh Ritter – Mountain Lion Tent
- Steve Seskin* – Hummingbird Tent
- Vance Gilbert – Eagle Tent (backstage)
- Paul Reisler** – Blue Heron Tent
- Pat Pattison*** – Wildflower Pavilion
- Melissa Ferrick – Spider Tent
- Susan Werner – Lizard Tent
- Ron Browning**** – Bear Tent

- ***PLEASE NOTE: Steve Seskin will offer: The Curse of the 2nd Verse** - Techniques to jumpstart things when you're stuck and the inspiration is seemingly gone. We will talk about how to keep the action moving along and continue to keep the listeners attention throughout the whole song. (Hummingbird Tent)

“Creative force, like a musical composer, goes on unweariedly repeating a simple air or theme, now high, now low, in solo, in chorus, ten thousand times reverberated, till it fills earth and heaven with the chant.”
-Ralph Waldo Emerson

- **** PLEASE NOTE: Paul Reisler and Jagoda will offer: Rhythm and Groove** - Rhythm and groove are perhaps the most important elements in your music for defining the musical style. If you feel you have been writing the same songs over and over again, or that you want to be able to write in a wider variety of styles, this is the place to start. This is a highly participatory, fun workshop where we will quickly create melodies to different beats and use groove as an inspiration for both melody and lyric. We'll work on understanding the basic components of the rhythmic web that work together to create groove, how the groove changes the emotional experience of the song, the western and Indian systems of rhythm, and much more. (Blue Heron Tent)
- *****PLEASE NOTE: Pat Pattison will offer: Writing from a Title** - Starting with a powerful and effective song title, this seminar teaches you to build it into a completed lyric, including finding an effective title, developing your idea to make your title or chorus grow, setting it to appropriate rhythm and tempo, using stressed vowel sounds to brainstorm ideas, finding title placement, and developing contrasting sections. These tools will make your writing process more efficient, and your lyrics more effective. This is how Nashville writers write a song every day--sometimes two! (Wildflower Pavilion)
- ******PLEASE NOTE: Ron Browning will offer: The Master Voice Class** - Join Ron Browning for a fun and engaging master class and discover your natural voice. Discover your "unique sound" through speech. Your singing voice is the same as your speaking voice. Use simple tricks of casual conversation to make your singing have a more intimate and honest delivery. Learn the dos and don'ts of lyric interpretation. Learn about the projection power of a baby's cry. Add "cry" to your singing voice and walk away from vocal faults and your fear of high notes. Learn how to sing without vocal fatigue. Both vocal and performance techniques will be taken into consideration for the more advanced singers. Come with questions. Guitars and recorded tracks are welcomed. (Bear Tent)

12:00 - 1:30 Lunch Break

Song Schoolers without on-site festival vehicle passes must move cars out of the campground to VIP parking area or off site festival parking area at Olson Field. Shuttle provided during lunch break- see Bill at front gate with questions.

1:30 – 3:00 Electives

- 1) **Directed Writing Songsharing with Paul Reisler** - In this final session, participants will perform material gleaned from the morning songwriting sessions. This session goes until 4:30pm if necessary. (Mountain Lion Tent)

- 2) **Letting It All Go - A Vocal Workshop For Release, Balance, and Relaxation** It has been a full week and by now you are probably a very saturated songschooler. In this workshop we will let the music work for us. There are vocal exercises that help you unwind, others that help you put the pieces together in a synchronized fashion, and others that soothe. We will go with the flow and vocalize for whatever release, regrouping, and relaxation is needed. Individually, we will experience the release and ease of toning, and together we will experience the beauty and joy of joining voices. With Rebecca Folsom. (Lizard Tent)
- 3) **Getting Your Own Radio Airplay** - Syndicated radio host, Carmen Allgood, reveals the ins and outs of what it takes to secure your own radio airplay as an independent artist. The Radio Airplay Workshop covers all the steps you'll need to take to make a splash with your original music on a local, regional, national and worldwide level. (Spider Tent)
- 4) **Performance 201** - a class specially designed for students whom, over the last ten years, have had at least one session with Vance in his Performance workshop or his Songwriting Through the Eyes of Performance workshop. Here's a place to dig even deeper into those stage and songwriting skills. Set list, pacing, patter, large room vs small room, off vs on mike singing, indoor vs outdoor venue, where to place a cover tune and other fine points will be practiced and examined. (Eagle Tent)
- 5) **Drive-By Co-Write** - Steve Seskin and Susan Werner will talk about collaborative songwriting for a bit and then spend about an hour actually writing a song together in front of anyone who wants to watch. This will be the first time they've written with each other. Two brave souls.... (Bear Tent)
- 6) **What a Story! What a Journey! What a Song!** - Someone tells you their amazing life story, you have a once in a lifetime experience... or you read a great novel & just know it will make a hell of a song... But how do you hone years, days or hours of material into a four minute song? Annie Wenz shares tips on laying out & sifting through material. What to keep & not keep. Using colorful memorable images & bringing the listener on a journey they won't forget. (Hummingbird Tent)
- 7) **Writing Lyrics to Melody** - There's no use writing a great lyric and a great melody if they don't work together. An unfortunate setting of a word or phrase can sink the emotion of the song, calling your listener's attention away from WHAT you are saying to HOW you are saying it. This seminar shows you how to get the most out of your lyrics by combining them accurately and effectively with melody. Another "can't miss" seminar--it's bound to take your writing to the next level. With Pat Pattison. (Wildflower Pavilion)

- 8) **Your Songs, Your Money And The Music Business: What You Don't Know CAN Hurt You !** – You've spent years honing your craft as a songwriter, and you're ready to let the world hear from you. And yet, you feel like you're at the bottom of huge mountain. Are you in shape to climb it? How do you make money as a songwriter? Did you know that you're also wearing a music publisher hat when you write a song? Do you know anything about mechanical income, performance income and synchronization rights? How can you make your songs a viable source of income for yourself via film and TV usages? In a casual discussion with industry professionals, you'll learn some of the basics on music publishing plus how to take those steps to get inside, build relationships and make contact. Get your questions ready for our speakers to answer, as much of this 90 - minute elective will address your specific needs. ASCAP's Brendan Okrent will lead the discussion, with guest appearances by some of our Song School instructors representing the other side of the desk. (Trout Tent)
- 9) **Mentoring (one-on-one) Sessions** – Moira Smiley (Elk Tent), Mike Beck (Turtle Tent), Reiki with Judith Wade (Frog Tent) (Raven Tent) and others TBA. Sign-ups posted in Blue Heron Tent at 9am.

3:15 – 4:30 Electives

- 1) **Preparing For the Recording Studio** - So this is your first album. Or maybe your second or third – maybe you're a real veteran in the studio. Alas, everybody has recording studio "issues" – singing in tune or keeping time with drummers or click tracks. Do you freeze up in front of the mic? When should you sit or stand? Live guitar and vocal or overdubbed either or both? There are ways to prepare yourself for the studio venture that will help you save time, save money, and to get a sound that is the true you. Let's use this class time to talk about and look at remedies for all of our studio "stuff. With Vance Gilbert. (Eagle Tent)
- 2) **No Booking Agent Needed** - Lots of booking advice and ideas from a social worker who knew nothing about booking and the artist who went out on the tours she booked. Terri Mazurek and Ellis will draw upon eight years of working together to help you understand how you can plan, route, and book your own tours. Participants will take away a Booking-in-a-Nutshell guide, learn how to find a train a booking assistant, and can participate in a discussion to generate ideas of how to "tour in your own backyard" to save gas money and the environment. (Bear Tent)
- 3) **Carrying the Musical Torch or political one...** - Music can be such a powerful tool for creating a positive sense of community, promoting wellness & spreading the torch of peace from schools, festivals & arts centers to our own neighborhoods & villages around the world. Hell-what's more fun than an entire group singing/dancing/playing together?? Join performer/activist/international traveler/educator Annie Wenz as she shares percussion exercises, songs, movements, dances... so that you too can pass the torch in your own community! Feel free to bring something to share. And we'll create something new too! Great tools for teachers/community organizers. (Lizard Tent)

- 4) **Directed Writing Songsharing with Paul Reisler (continued)** - In this final session, participants will perform material gleaned from the morning songwriting sessions. This session goes until 4:30pm if necessary. (Mountain Lion Tent)
- 5) **Vocal Harmony and Arrangement** – A wild and wacky exploration of the fundamentals of vocal harmony and background singing with Moira Smiley, Siobhan Quinn and Rebecca Folsom. Drawing on some of the traditions that inspire, but may be unfamiliar to us (folk, Eastern Europe, Ireland, Inuit, S. Africa, medieval Europe and others that you bring to the table...), we break down vocal harmonies across cultural bounds. Then we see how we can bring some harmonic surprises into our own songs. (Spider Tent)
- 6) **Putting It All together: from Solo to Band and Everything In Between** - How do you take your song you've been playing entirely by yourself and bring other instrumentation to it? How do you put a band together? How DO you talk to a bass player? In this workshop we will deal with the how's and whys (and maybe even the when's) of putting together a band, arranging your songs for other players, the skills it takes to be a leader of a band, how to find other players, and even the financial and practical aspects of life in a band vs. a solo career. With Amy Speace, Jagoda, Justin Roth, Jennifer Jones and Arthur Lee Land. (Wildflower Pavilion)
- 7) **Art of the Interview: Ask Me Anything** – A chance to get answers to questions about life as a touring singer/songwriter with Melissa Ferrick. How to work with press, answer hard questions, deflect and reframe lousy questions, how did you get started, how come you're always wearing that same shirt onstage??? (Trout Tent)
- 8) **Mentoring (one-on-one) Sessions** - Reiki with Judith Wade (Frog Tent), Jennifer "JJ" Jones (Wildflower Pavilion), Justin Roth (Raven Tent), Arthur Lee Land (Dragonfly Tent), Brendan Okrent (Elk Tent), others TBA

4:45 – 5:30 Song School Closing Session

Our final session will bring us all back together to join voices in song. Meet at the Wildflower Pavilion for a final memorable round of singing led by Moira Smiley.

6:00 – 7:30 BBQ by the River

The BBQ's are open to all Song School participants and their registered guests only. Please present your wristband as a meal. Honey Dijon or Pesto Natural Chicken Breast, Veggie Stir Fry, Tossed salad, 3 Bean Salad, Potato Salad, Bread or Roll, Apple Crisp or Assorted Dessert Bars. Please compost everything! (Mountain Lion Tent)

- Instructors and students will have books and CD's for sale in tent during the BBQ.

7:30 Open Stage

Confirm your day and time posted in Blue Heron Tent. Song School instructor kick-off. (Wildflower Pavilion)

Other things you need to know about...

Songwriting Sessions: These daily sessions are designed to give you a variety of approaches to the songwriting craft. Some instructors will repeat their lesson plan while others will focus on specific topics each day as noted in the schedule. Vance Gilbert's classes are called, "Songwriting Through the Eyes of Performance", Paul Reisler and Steve Seskin will offer different workshops each day, and Moira Smiley and Ron Browning will offer vocal workshops throughout the week. Please keep in mind that if a class you want to take is large one day, chances are it won't be the next.

Electives: Each day, a variety of elective classes are offered. Please note that some electives are only offered once, and some are offered multiple times during the week. A few electives require that you be in attendance for the initial session in order to participate later in the week and these are noted on the schedule. Refer to your matrix for a quick overview.

Mentoring Sessions: These sessions are offered as a way for participants to receive more personalized attention and help with specific questions. They can take the form of one-on-one or small group consultations depending on the desires of the instructor. Each day, sign ups and meeting locations for that day's participating instructors will be posted in the Blue Heron Tent at 9am (registration area). Sessions will meet under 10 x 10 tents near the silo and riverfront.

Open Stages: The evening open stages are offered as an opportunity to perform your original material for each other in the Wildflower Pavilion. Due to a larger song school size and local sound curfews, we have a limited number of spots available. Students who wish to perform must enter their name to participate. A random drawing will be made (from the names of those who have entered their name to participate) with the first name drawn going to Monday night /the second name going to Tues. night, etc until all available performance slots are filled. The final list for all four nights will be posted Monday during the lunch break in the Blue Heron Tent.

Message Board: The message board is located in the Blue Heron Tent (registration tent). If you have messages for other participants, need festival or camping passes or have tickets to sell, this is the place to post your message.

The Song School Roster: A master copy of the roster will be kept at the registration area in the Blue Heron Tent. Check the roster on Monday or Tuesday to make sure your information is correct. We will email an updated roster to all ASAP.

Evaluation Forms: Evaluation forms are in the back of your booklet. Please take the time to fill them out and hand in on Thursday during the BBQ or open stage to help us

improve The Song School. Thanks in advance for your input! You can also mail in your evaluation to the address on the form.

Instructor materials and recordings available during the Thursday BBQ: Many instructors have books and recorded products available to purchase during the Song School. You may find the instructor during the week or wait until Thursday evening before and during the BBQ where instructor materials will be for sale.

Composting and Recycling: Planet Bluegrass has made efforts to minimize the landfill waste the schools and festivals produce. We are now composting and recycling over 2/3rds of all festival waste! Help us by using our color-coded waste stations in the campground and classroom areas. *Remember, all food, utensils, cups and plates used at the Song School BBQ's are compostable.* Thanks in advance for your help.

Poison Ivy: Be on the look out for poison ivy in the trees around the river in the campgrounds. We have sprayed known areas however some other small areas may exist, so be careful walking through any high grass areas. We have marked some of these areas with yellow tape to alert everyone.

Video Cameras on the grounds: Some classes might be video taped at various times for our archives. If anyone does not wish to be on camera, please identify yourself to the cameraman if he shows up where you are. He will respect your request.

Food Onsite: We are pleased to once again have a food vendor, Bloomberries, on the grounds during the Song School for breakfast and lunch. They have great burritos and lunch items (see enclosed menu) as well as ice cream!

Reiki Sessions: A limited number of Reiki sessions will be available on Thursday. Sign ups will be posted at 9am for those interested. Reiki is a Japanese healing technique that reduces stress and promotes relaxation, thereby enhancing the body's natural ability to heal itself. It is administered by the "laying on of hands" and uses the Universal Life Force Energy (i.e. Chi, Prana) to balance a person on a physical, mental, emotional, and spiritual level. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The benefits of Reiki include increases in creativity and awareness, supporting the body's natural ability to heal itself, vitalizing both body & soul, clearing blockages from each of the four bodies: spiritual, physical, mental, & emotional, cleansing the body of toxins, and relieving stress, anxiety, and physical pain.