



# Choose A Track



Monday, Tuesday and Thursday

## **Foundations**

**With AOI Faculty and MfP Grads**

**Location...List 106**

For people new to Music for People, this session offers an in depth exploration of the basic techniques. Learn with others new to Music for People's approach to social music improvisation.

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## **Leading Lab**

**With Mary Knysh and AOI Faculty**

**Location...Wellin Hall**

This session on facilitating MfP style activities will provide an opportunity to hone your leadership skills in a relaxed, fun and supportive environment. Our goal is to provide you with accessible ways to bring Music for People activities back to your community whether it is with two friends in your kitchen or thirty in a larger setting! You will be able to practice leading MfP activities that interest you, and you will receive supportive feedback and coaching so that you can venture out and share the joy of music making with others when you return home. (MLPers ~ this is a required session for you.)

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## **Musicianship**

**With David Rudge**

**Location...List 104**

David Rudge will host sessions offering a variety of Music for People activities, forms and performance ideas to get the group further launched into improvisation, including:

**Real Ensemble Playing:** What are the skills that make a fine ensemble and performance? How can you connect better with the other players in your group, whether it be with a string quartet, jazz combo,

bluegrass ensemble, or while freely improvising? We will look at ways in which each person can contribute, feel heard, and be satisfied while "playing well with others."

**Conducted Ensembles:** We will experience the relationship between movement and sound, and explore how one can influence players, and their sound, as a leader and facilitator—all while improvising in the moment. We will discover what kind of leaders we are, and what kind of followers we can be, as we seek to find a balance between the two.

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## **Voice**

***With AOI Faculty***

***Location...Schambach 201***

If you can talk – you can sing! Every human voice has something beautiful and meaningful to express and share. It all begins with a ONE Quality Sound...

Know that your voice is an amazing musical instrument! As you begin to trust and listen, a unique inspiration arrives with each breath, rhythm comes alive in your body and melodies soar from your soul. In guided large and small ensembles you will learn how to play and improvise with your most flexible and portable instrument of musical expression. Come and connect with your musical essence! Each session will feature guided improvised vocal warmups and vocal care tips.