

Living Your Music

Experience the Art of Improvisation With Techniques Developed by Music For People

We are born all artists - the challenge is remaining one as we grow up.

Pablo Picasso

- ✚ Have you always wanted to play music or sing?
- ✚ Do you wish to rekindle your love of playing music?
- ✚ Are you seeking innovative approaches to teaching, sharing or performing music?

If you said yes, to any of the above then please join us!

Bring your musical instruments! Bring Your Voice!

and/or

Bring your energy and love of music

Everyone is welcome!

Guided Improvisation inspired by the work of **Music For People** enables you to discover and connect with the music that lives inside of you.

Additional Information

We are all inherently musical. There are no unmusical people, only people with less experience. Freely creating sound is invigorating because it allows us to tap into the music that lives deep within us. When we release and improvise negative mind chatter is eventually subdued by self-trust and a desire to *play*. In improvisation, there are “no wrong notes,” only opportunities to creatively transform perceived mistakes into unexpected and exciting forms of expression.

For those musicians who want to improve technique and expand expressive possibilities, improvisation allows the freedom to experiment and feel what it is to be mentally, physically, and wholeheartedly *ready* to play a musical utterance. We explore this by going to the extremes of range, dynamics, tempo, articulation, texture, phrasing, etc. Making spontaneous music in the moment requires one to go beyond *thinking* of playing the *right* notes. It teaches us to listen deeply, feel, and trust intuition. Playing music in the moment can bring us face to face with our own self-limiting beliefs but as we begin to trust the process we quickly re-ignite that amazing creative energy that has always been there. Limitations are transformed into possibilities.

For those who have always wanted to experience music making, it is an opportunity to live your love of music. You will feel the magic of being a part of a musical ensemble.

Music educators and music therapists will discover new and exciting ways to teach and engage with others.

Free musical play enhances the way we perceive and interact with others. The experience of listening, communicating and sharing ideas with others in a spirit of cooperation resembles the beautiful encounters we experience in life.

The materials created over the last thirty years by teachers and members of *Music for People* (founded in 1986 by cellist David Darling and flutist Bonnie Insull) make spontaneous music making accessible to all, regardless of level of musical experience.

Come and experience the transformative magic of improvisation. *Music For People* techniques are immediately accessible, and have helped many overcome what they perceive as a seemingly insurmountable challenge. Although these platforms may seem rudimentary to some at first, they require mindfulness, deep listening, self-awareness and awareness of others. The best part – improvising can be REALLY FUN.

I have been singing, playing, and teaching music for 30 years and I am amazed and grateful to have discovered this just three years ago! (Irene Feher)