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Program Title: Singing Life Together

Discipline: Music

Over the duration of the course, the objective is to create a supportive enlivening community of singers. Each week will have a theme based on a River Voyage. There will be a selected body of songs with harmony for each group with a CD for home practice provided. Demonstrated instruction to support good vocal production and tone is offered woven into the repertoire learned. A group vocal improvisations around the theme each week. Journal questions will be offered.

Week One

People leave with a clear sense of what the plan of the course is, and the participation expectations. Relaxing into the process and beginning the process of becoming a group that sings together. Each week is around a theme on our musical journey together. This week Home and leaving home.

Sequential Activities:

Introductions--in a fun way!

Opening song (Names)

What the plan is

Introduce one of the songs

break

Supported Breath demo and practice activity

Game: Grooving on one Tone (Improvisational Play)

Introduce second song -- w/ supported breath

Sing a known song -- and ham it up

Closing Song

Optional Reflection Journal: Write about what is home to you.

Expressing interests through range movement exercise.....personal likes, place of origin etc...funny and serious questions. Opening song...for each session (names) and beat.

Week Two

Theme: Rowing down the river (Rhythm)

Sequential Activities: Check in

Opening Song -- this week include body rhythm

New Song

Review Songs

break

Game: Rhythm Improvisation (body, and found percussion)

same word with different rhythm/ inflection/weight/ accent

long tone/short tone = duration

New Song

Closing Song

Journal: What are the rhythms that make you most alive

Social Engagement:

Discussion, Singing together, social break time, group improvisation

Week Three

Theme: Where am I? Instructional Focus: Harmony. Improvisation....finding your place in the "choir"

Journal: Where am I most me?

Sequential Activities: See Above

Similar Format

Continuing the process of learning and owning the repertoire

Review of Songs

Introduction of a song--there will be 6 songs in all.

Group Improvisation on the Theme

Sharing of journal reflections/ or art done at home....perhaps woven into the improvisation....perhaps a new song will be created!?

Social Engagement:

Group Singing

Group Improvisation

Group Sharing

Social Break Time

Week Four

Theme Flowing in the Current ---- Focus: Vocal Blend (listening as loud as you sing)

Vocal Improvisation....playing Conductor--dynamics and texture

Journal: What brings you into flow

Sequential Activities: Keeping the format predictable see above

Social Engagement: See above

Week Five

Oh, oh....Troubled water ahead! Focus Inventive Harmony (dissonance and consonance) Intervals

Journal how to ride out the waves?

Sequential Activities: Keeping the format predictable see above

Social Engagement: See above

Week Six

Yes! In the Flow again.... Focus: Groove-- beat, tempo. Vocal Improvisation with garage band keeping a groove, playing with beat and tempo

Journal: Where have you found your supportive current.

Sequential Activities: Time will be given to putting together pieces of what we have into a sharing we will all remember. Are there writings that will "flow" between the songs" Has anyone created any art that can be displayed. Shall we share a montage of our recorded improvisations? Shall we improvise live?

Designing the event

Social Engagement: This week we begin really looking at our performance. How are we supporting each other. Who are we inviting to come to our presentation?

Week Seven

Theme: Wow, the Map says it right around the corner! Focus: Getting Ready, Getting Polished, Keeping it fun!

Journal: Postcards from the trip--what have you seen about yourself, look how far I've come.

Sequential Activities: Keeping with the consistent format....We will rehearse and play together, supporting and celebrating the musical journey, culminating in next week's sharing!

Social Engagement: Yes, we're all in the boat together! (Creating a community experience of singers)

Week Eight

The group will present the songs, along with any writing, art, or recordings that make the sharing truly from the entire crew!

References:

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