

Morning Warm-Up

"The Spiritual Flute"

Sunday, February 17
9:30 am – 10:20 am, Room 4

Barbara Siesel

In this participatory workshop, flutists of all levels will learn about how to enter a flow state as players. We will do this through guided meditations, sound and silence, breathing and improvisation. The workshop is based on the study of chant and how it can be applied to flute, an instrument intimately connected to breath and voice. These sound meditations will help find a way to enter a state where music will easily pass through a performer and be communicated to their audience.