

The Song School

August 1-5, 2021 • Lyons, CO

Schedule and Course Descriptions

Sunday, August 1st

TO DO LIST:

- Sign up for the open stage lottery. All schedules will be posted during lunchtime on Monday in the Blue Heron Tent. (Registration Tent)
- Check master roster information at the registration desk for accuracy.

1:00 Campgrounds Opens

3:00 - 5:00 Student Registration

Visit us at the Blue Heron Tent and pick up your Song School schedule, wristband, Song School laminate, hat and other goodies.

5:30 - 6:00 New Student Meet and Greet - Wildflower Pavilion

First timer? Meet up with Song School veterans, an instructor or two, ask that burning question, and get some sage advice on how to make your week enjoyable.

"Eighty percent of life is just showing up." – Woody Allen

Monday, August 2nd

TO DO LIST:

- Sign up by 9:15am for the open stage lottery. All schedules will be posted during lunchtime today in the Blue Heron Tent.
- Check master roster information at the registration desk for accuracy.
- Mentoring sheets will go out at 9am each morning for that day's mentoring sessions.

7:30 - 8:15 Qi Gong

Qi Gong is a 4,000 year old practice that cultivates energy and vitality. Practice gentle movements with certified instructor Carli Zug that strengthen the body, increase flexibility and relieve stress. No prior experience necessary, just comfortable clothes. (Trout Tent)

8:00 - 9:15 Student Registration

Visit us at the Blue Heron Tent and pick up your Song School schedule, wristband, Song School laminate, hat and other goodies. Help yourself to tea or coffee and fruit and muffins next door at the beverage area. Burritos and snacks available at Bloomberries Booth next to the bathhouse.

8:00 - 8:45 Yoga

Yogi Heather Hottovy will help celebrate the start of your day with a gentle yoga routine each morning. No prior experience necessary. Complimentary mats and blocks provided. (Meet by silo.)

9:15 - 9:45 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)

9:45 - 10:15 Opening Session: The Song School Community Gathering

"Walking thru the door is the only audition." Our opening session together, the one and only Dr. Ysaye Marie Barnwell will lead us all in song and have us resonating in time and in tune for the week ahead. (Wildflower Pavilion)

10:30 - 12:30 Electives

- 1) **Directed Writing with Paul Reisler** – Thirty 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 writer's block and how to fool myself into approaching my writing in a fresh way each day. If you want to write songs on a regular basis, you need a reliable technique that you can use whenever you sit down to write. You'll be writing a song during this workshop and gathering the tools you'll need to write on a daily basis. This is a 4-day workshop and you should participate in all the sessions to get your song finished. (Wildflower Pavilion)
- 2) **Song Session with Pat Pattison and Bonnie Hayes** – These sessions take an in-depth look at participant's songs, finding teachable moments to benefit not only the writer but observers as well. We'll identify strengths in each song and look at what could be even better. This session is open to as many people as wish to attend. We'll probably get to 3 or 4 songs each morning, showing you tools to move the songs further ahead. We prefer that people play live so we can more easily suggest different approaches, especially when it comes to melody and phrasing. This class is offered on Monday, Tuesday and Wednesday and it's fine to attend one or more sessions. Bring several lyric sheets. (Mountain Lion Tent).

- 3) **Performance with Amy Speace - A 4-day comprehensive look at The Art & Craft of Performance** – We write songs to express our journeys in life but we share them with others to connect, to allow the audience to find their own truth in what we sing. A performance at the highest level can be a deeply meaningful, almost spiritual experience for the singer and the audience, elevating the ordinary into the extraordinary. This is the Art of it. Getting to the deeper level. The Craft are the tools we practice, just like scales when learning an instrument. In this class, using specific exercises developed from theater and improv, we arrive at a deeper layer, a kind of back door to the song, with the experience of a radical shift in how you experience your own Performance and a sure-fire cure for stage fright! No commitment necessary to all 4 classes, you can take all 4, you can come in for just 1, but it is a comprehensive, so that each day will build on the next. **Day 1 and 2: The Song.** We will spend 2 days delving into the method (a few questions we ask of the song and the performer). Come prepared with a song you know well enough to sing without lyrics, bring your instrument or sing a cappella. Cover songs are fine. It's just as powerful to watch someone else work as to do the work yourself. This is the heart of the work. (Festival Main Stage)
- 4) **Standards and Covers and Songs That Ain't Yours With Vance Gilbert** – Come join the fun as Vance shows you tools and gives permission to put everything in your set from Jimi Hendrix to John Denver. You'll explore the neck of the guitar a little, develop confidence in singing your favorite covers *your* way, and talk about where and when these classics are placed in your set. Even a 2-song set!! (Hummingbird Tent)
- 5) **Capo Envy: Obsessive Capo Disorder** – Have you seen artists using partial or multiple capos and wondered "What on earth are they doing!?" Chances are you've been stricken by capo envy. This workshop with Justin Roth will demonstrate the simple keys to understanding why and how partial capos can enhance your guitar sound and elaborate your sonic palate without complicating your guitar parts. It's easier than it looks! Most times, using partial capos actually make your songs easier to play, but they will sound like you're playing richer and more compelling chords. You will learn a simple way to use single or multiple capos to enhance your guitar sound and apply it to songs you've already written or songs to come using chords you already know in standard tuning. Kyser "Drop-D" (5 string) and "Shortcut" (3 string) capos will be provided for use during the workshop and are available for purchase from Justin. Some guitar experience is necessary, but this workshop is open to beginners as well as seasoned players. Come find out just how easy it is and take a leap forward with your sound. Justin is a Kyser Capo sponsored artist and instructor. (Coyote Tent)
- 6) **Build a Wholehearted Creative Life: How Your Music Dreams Fit into a Balanced Life!** – This workshop is designed to inspire, encourage, and provide you with insight into how you can create a balanced life that includes your musical aspirations but isn't limited by them. In this workshop, we will help you to identify what makes you feel alive and whole, as well as what your music gives to others. This workshop is for everyone, regardless of whether you make a living making music (or hope to) or you just live for the love of songs and songwriting! Presented by Ellis Delaney. (Lizard Tent)

- 7) **Next Level Voice Class** – Join Ron Browning for a fun and engaging class on how to find your best voice and performance. Discover your unique sound through conversation--after all, your singing voice is 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 found in a baby's cry and learn how to use it in singing for a more soulful expression , or to have more vocal power. Add “cry mode” to your vocal techniques and walk away from all vocal faults and your fear of high notes. And, of course, this will allow you to walk away from vocal fatigue once and for all. Both vocal and performance techniques will be taken into consideration for the more advanced singers. Come with questions. Guitars and recorded tracks are welcome. Or - sing a cappella! (Bear Tent)

- 8) **Writing Fearlessly** – Join Steve Poltz for some total transparency. Students can ask anything and Steve will give them advice. He will encourage students to visualize their future and manifest their entertainment skills. Use their honesty and stories. Develop stories. Tell lies on stage. Be whoever you want to be. I truly believe I am an attorney for dogs. You guys can be rockstars. Have more fun. Have more laughs. Don't take this crap lying down. Be all that you can be. It's the real thing. Just do it. We bring good things to life. That was easy. Steal these mission statements. Make them your own. Let's change the world and make it better. We are the medicine. (Spider Tent)

- 9) **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. (Eagle Tent - backstage)

- 10) **Mentoring:** Rebecca Folsom (Turtle Tent)

12:30 - 1:30 Lunch Break

TO DO: Confirm open stage performance times posted in Blue Heron Tent.

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

The first of four daily longer songwriting and elective sessions. See all instructor descriptions below. Each instructor will meet at the following location:

*“Live as if you were to die tomorrow;
Learn as if you were to live forever.”
– Gandhi*

MEETING PLACES

- Ysaye Barnwell - Coyote Tent
- Ellis - Lizard Tent
- Rebecca Folsom - Eagle (backstage)
- Mary Gauthier - Mountain Lion Tent
- Bonnie Hayes - Festival Main Stage
- Steve Poltz - Spider Tent
- Pat Pattison - Blue Heron Tent
- Paul Reisler - Wildflower Pavilion
- Steve Seskin - Hummingbird Tent
- Darrell Scott † - Bear Tent

- **Ysaye Barnwell** will offer: **Approaches to Songwriting: Building Writer's Blocks** – What kind of song do you want to write? All songs are possible. Let's break the mold by writing a different kind of song: a jingle, a hymn, a game song, an aria, a ring shout, a round, a lullaby, an anthem, a Broadway show tune. You name it; let's write it. Time to write something you never thought of before. This is a fun way to build your writer's blocks. (Coyote Tent)
- **Ellis** will offer: **Intentional Performance: Performing From the Inside Out** – Most performing workshops focus on techniques designed for you to be seen as a professional, being polished, and letting the songs shine. Those are incredibly important skills, but not what this workshop is about. Ellis invites you to also consider how audiences need to be “seen” and how magic happens when the performer tunes in to the beauty of the audience. Real connection happens naturally when a performer is both self-aware and tuned in to others. In this engaging workshop, you will practice a new model that focuses on valuing who you are AND valuing the people in your audience! Bring your instrument and come ready to perform! (Lizard Tent)
- **Rebecca Folsom** will offer: **Vocal Freedom Workshop** – In this class you will learn tools (some traditional and some very nontraditional) to open and expand your vocal range, resonance, and character, along with tools to open and expand your performance ease, depth and brilliance. You will be given key adjustments particularly focused to your voice/your body that with little effort make fundamental shifts to your overall Vocal and Performance Freedom. We will alternate diving into teaching moments for the whole class to practice the exercises, and having individual volunteers perform. Come ready to sing with the group and sing individually if you choose to volunteer. We will embody the practices moving beyond mental understanding to the knowing “ah ha” of relaxing into your best voice and best performance ever. These shifts are lasting and you can take them with you for the rest of your life. Vocal Performance Freedom! (Eagle Tent – backstage)

*“Creativity is God's gift to us.
Using our creativity is our gift back to God.”
– Julia Cameron*

- **Mary Gauthier will offer: Saved By a Song** – The purpose of these classes is to increase your overall understanding of the art of song and give you a deeper understanding of *why* you are called to write, as well as offer you valuable tools for your songwriting tool kit. Mary will give a short lecture each day, answer questions, and provide feedback on student’s songs. Mary Gauthier is a Grammy Nominated songwriter who has over 20 years of experience working with other songwriters in this way, and her book *Saved by a Song* (St. Martin’s Press) has gathered glowing reviews and accolades. You will walk away from this workshop with insider songwriting knowledge that usually takes decades to figure out. (Mountain Lion Tent)
- **Bonnie Hayes will offer: Writing Emotional Melodies** – Learn how to write melodies that will carry the emotion you want to evoke straight into your listeners’ minds and hearts. It all comes down to writing intentionally - and knowing a few awesome tricks! We’ll examine some key ideas in writing melodies and try to use the techniques with some in-class writing assignments. (Festival Main Stage)
- **Steve Poltz will offer: A Songwriting Class** – When asked what he was going to do Poltz replied “I don’t know. It’s all a mystery to me. Creativity is fun. It keeps folks young. Do you want to feel younger? Then come to my class. We will make up songs and laugh like idiots. This isn't rocket science! There are no rules! I want to inspire you and look into your crazy eyes and release your wild child energy that’s lying dormant in your spine. I want you to finish a song! Open up the pathways in your brain and let your freak flag fly.” When Poltz was asked if there was anything else he’d like to add he said, “If you take my songwriting class you will become a better person and probably win the lottery and achieve total consciousness.” (Spider Tent)
- **Pat Pattison will offer: Prosody, The Most Important Concept in Songwriting** – All the elements of your song should work together to support the song’s central message and emotion. This seminar will show you tools and techniques to make your song stronger and more focused, using structure and phrasing to highlight important ideas, and deepen emotional impact -- techniques that have helped Pat's students, including John Mayer and Gillian Welch, win Grammys and write number one songs. (Blue Heron Tent)
- **Paul Reisler will offer: Harmony and Chord Substitution** – 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. 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 recommended but not required. (Wildflower Pavilion)

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

- **Steve Seskin** will offer: **Inspiration: Where Do Songs Come From** – Here we explore ways to "jump start" your creativity with morning pages, object writing, etc. I will try to empower you to write about more than just your own life and to use emotional moments as catalysts to inspire you. You are always writing even when you're not actually sitting down to do it. Planting seeds. We'll also delve into the power of fiction and examine what's really important in songs - emotional truth. My friend Allen Shamblin always says "A great writer never lets the facts get in the way of the truth." (Hummingbird Tent)
- † **PLEASE NOTE: Darrell Scott** will offer: **A Songwriting Master Class** – This class will have students pre-selected ahead of time. All students are welcome to observe the process. (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. (Eagle Tent - backstage)
- 2) **Kids Are Folks Too!** – Have you ever thought about adding kids' songs to expand your repertoire? Did you hesitate, thinking that it might be just a bit childish for a deep-thinking folkie or beat-driven rocker? Well...get over it. Kids are folks too and many can love sweet melodies, clever lyrics and engaging rock'n'roll just as much as we do! Tons of popular artists have released children's albums: Jerry Garcia, Ziggy Marley, Lisa Loeb, Taj Mahal, Kenny Loggins to name just a few. Acoustic rocker Jenn Cleary has woven kids' tunes into her performances for many years and just recently released her first full length children's album, *All Together Now! Rockin' Songs for Kids of All Ages*, winner of the prestigious 2021 NAPPA award. In this workshop, Jenn Cleary will talk about tips and techniques for writing children's songs, expanding one's public image to include a new genre, as well as career development, performance, marketing and promotion that can apply to all of your music. Warning: You just might find yourself ordering a bubble machine immediately after this class. (Trout Tent)
- 3) **Tricks and Licks For Songwriters and Side Players** – Right hand techniques and dynamic range, alternate tunings, alternate chord shapes up the neck, (different voicings), basic numbers system theory and transposing (w/ and w/o capo), finding and playing melodies inside of chord shapes, slide guitar, harmonics, licks with string bends, tuning tips and anything else that we can come up with - finger-picking, ragtime, string muting, using open strings, the mysterious major 7th shapes... We can steer toward the group's interest and there will be much of this that you know, but my hope is that we can uncover a couple tricks or tips that will intrigue you and give you some new ideas to add to your tool kit. I will also be available for individual tutoring and hang time to dive deeper on any of these topics. Presented by Michael Lille. (Blue Heron Tent)

- 4) **How to Find Your Own Unique Writer's Voice** – Have you noticed that it's possible to identify your favorite songwriters' songs almost instantly, even if other artists are singing them? Writer's voice is what makes a songwriter sound like themselves in their songs. Being in possession of your own writer's voice is transformative! Once you start to sound like yourself in your songs it will bring you a new level of confidence. We will talk about writer's voice in this workshop, and why it matters. Presented by Mary Gauthier. (Mountain Lion Tent)
- 5) **I Still Got It - Staying Relevant After A Certain Age V** – This popular workshop will have it's 5th airing. After years of practice and hard work, all the goodness of what you do has really come together - and now you have stylish bifocals and some grey hair. More than ever, after-50 singer songwriters have earned the right to take some extra care to keep their thing together. Lower the key, pace your set, show your maturity in your vocal approach to the music. We'll talk about your age, station, health, direction, and expectations. Let's talk about subject material too - writing about love and relationships has a different slant now, doesn't it? You know more now - here's your chance to parlay that experience and knowledge into successful songwriting and performance. While there'll be plenty of discussion, be prepared to play and sing. Presented by Vance Gilbert. (Coyote Tent)
- 6) **Write. Sing. Play.** – We all have the ability to tap into our true selves as songwriters and performers and to share what is unique about each of us. It might mean getting out of our own way, digging deep, and doing the work to get there. We'll discuss and share techniques and tips to write, sing, and play into the hearts and heads of our listeners. Presented by RJ Cowdery (Spider Tent)
- 7) **Cracking the Code Part 1: Basic Chord Theory for Guitarists: Understanding the Major Scale, Keys and Triads** – Julie Andrews was right: it all starts with Do Re Mi! This gentle introduction to music theory will start right at the beginning with an easy-to-understand, guitar-based introduction to scales, keys and triads. Together we will learn how to create a family of notes called a "key," using the basic "code" contained in the major scale. We will also learn how to generate a family of basic 3-note chords, or triads, within each key. Exploring the basics of intervals will help us to demystify major and minor chords. We also discover how these different chord "qualities" remain constant across different keys, thereby making musical shorthand systems, such as "Nashville numbering," easier to understand. We will finish with a brief discussion of "extended harmonies," by learning to create 7th chords from the major scale. By understanding and appreciating the fundamental language and symbols of music, you can enhance your creativity and improve your communication with other musicians. Presented by John Linn. (Lizard Tent)

"The ability to appreciate music is the defining quality of our humanity."

– Oliver Sachs

- 8) **Preparing to Record? Reviving the Forgotten Art of Pre-Production** – Fueled by your questions, this workshop with Justin Roth will talk about the pros and cons of different approaches to consider when preparing to record. Before you run to the studio, there's a less glamorous, but far more important step to take before you begin --- Pre-production. You've got your songs, but are you prepared to really start recording? You wouldn't run a marathon "off the couch" without preparation and training, would you? So, let's not record an album "off the couch" either. Whether you're new to recording or a seasoned pro, pre-production serves an important role in preparing for a successful recording experience. Mapping out your plan, instrumentation ideas, album goals, expectations, and most importantly, making sure they realistically align with your budget, are all helpful decisions to be made before you enter the studio. We'll also talk about the roles of engineer vs. producer, budgeting and fan funding, self-recording vs. a "real" studio, full album or EP, digital release or CD...the list goes on and on. Bring a notepad and your questions and let's get down to it. This is a crucial step to help turn your dream of recording into a fully realized final product and it can save you a lot of money and frustration in the long run as well. (Hummingbird Tent)

- 9) **Guaranteed Groove: Finding Your Inner Rhythm** – The ability to keep steady time is important for ALL musicians, not just drummers. It can affect your ability to write interesting songs, play with other musicians, record your music using a click track (and/or a drummer), and most importantly, to engage your audience. Keeping a consistent rhythm, even if you're just playing solo, is part of what keeps your listeners interested. I believe everyone has an innate sense of groove - the trick is getting in touch with it. In this hands-on, interactive class we'll learn how to feel, count and play various beat subdivisions, and apply them to the guitar. Does your guitar playing feel stuck in a "rhythmic rut"? Do you hate playing to a click? This is a fun, energetic class to give you practical tools for finding your own inner groove! Bring your guitar to class, and a strap if you have one. Presented by JJ Jones. (Wildflower Pavilion)

- 10) **Accompanying One's Self** – Join Darrell Scott for a discussion about things to know and consider when performing solo. (Bear Tent)

- 11) **Mentoring** – See sign-ups in Blue Heron Tent

6:00 - 7:30 Song School Barbecue

The barbecues are open to Song School students and their registered guests. Your wristband is your meal ticket. **Please remember to reuse and compost everything. Thanks!** (Hummingbird Tent)

7:30 Open Stage

Confirm your day and time posted in Blue Heron Tent. Play for peers! (Wildflower Pavilion)

Tuesday, August 3rd

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. Sign up sheets for Tuesday will be put out at 9am in the Blue Heron Tent. Check back at lunchtime for additions during the day.
- Your night to play the open stage? Confirm your time at Blue Heron Tent.
- Musical supplies will be available for sale after class today (4:00-5:00pm) in front of the bathhouse! Call ahead to HB Woodsongs for special requests at 303-449-0516.

7:30 - 8:15 Qi Gong

Qigong is a 4,000 year old practice that cultivates energy and vitality. Practice gentle movements with Carli Zug that strengthen the body, increase flexibility and relieve stress. No experience necessary. (Trout Tent)

8:00 - 9:00 Yoga

Yogi Heather Hottovy will help celebrate the start of your day with a gentle yoga routine. No prior experience necessary. Complimentary mats and blocks provided. (Meet by silo.)

9:30 - 9:50 All Group Session: Live Performing Basics

Join Vance Gilbert for a quick review of the nuts and bolts of live performing. A perfect mini-primer or reminder for the evening open stages, especially if you're new to performing live. (Wildflower Pavilion)

10:00 - 12:00 Electives

- 1) **Directed Writing with Paul Reisler** – Thirty 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. If you want to write songs on a regular basis, you need a reliable technique that you can use whenever you sit down to write. You'll be writing a song during this workshop and gathering the tools you'll need to write on a daily basis. This is a 4-day workshop and you should participate in all the sessions to get your song finished. We will not take new people after the 2nd day. (Wildflower Pavilion)

- 2) **Song Session with Steve Seskin and Bonnie Hayes** – These sessions take an in-depth look at participant's songs, finding teachable moments to benefit not only the writer but observers as well. We'll identify strengths in each song and look at what could be even better. This session is open to as many people as wish to attend. We'll probably get to 3 or 4 songs each morning, showing you tools to move the songs further ahead. We prefer that people play live so we can more easily suggest different approaches, especially when it comes to melody and phrasing. This class is offered on Monday, Tuesday and Wednesday and it's fine to attend one or more sessions. Bring several lyric sheets. (Mountain Lion Tent).

- 3) **Performance with Amy Speace - A 4-day comprehensive look at The Art & Craft of Performance** – We write songs to express our journeys in life but we share them with others to connect, to allow the audience to find their own truth in what we sing. A performance at the highest level can be a deeply meaningful, almost spiritual experience for the singer and the audience, elevating the ordinary into the extraordinary. This is the Art of it. Getting to the deeper level. The Craft are the tools we practice, just like scales when learning an instrument. In this class, using specific exercises developed from theater and improv, we arrive at a deeper layer, a kind of back door to the song, with the experience of a radical shift in how you experience your own Performance and a sure-fire cure for stage fright! No commitment necessary to all 4 classes, you can take all 4, you can come in for just 1, but it is a comprehensive, so that each day will build on the next. **Day 1 and 2: The Song.** We will spend 2 days delving into the method (a few questions we ask of the song and the performer). Come prepared with a song you know well enough to sing without lyrics, bring your instrument or sing a cappella. Cover songs are fine. It's just as powerful to watch someone else work as to do the work yourself. This is the heart of the work. (Festival Main Stage)

- 4) **Getting Started With Altered Tunings** – Do you want to explore altered tunings, but don't know where to start? This workshop with Justin Roth will introduce reasons why and ways to understand, compose in, convert songs to, and switch between different altered tunings to help you find a new approach and sound for your songs. Don't worry about the music theory part. We will learn a "theory-lite" way of understanding and relating altered tunings to songs you've already written or songs to come. Using altered tunings doesn't have to be a scary thing. Handouts will be provided to get you started with multiple chord positions in DADGAD and CGDGBD, as well as tuning tips to help you get in and out of different tunings quickly. Come find the richness and new sound your guitar has to offer! (Trout Tent)

- 5) **Vocal Miscellany - Scatting, Humming, Yodeling, Talking, Stories, and Silence** – You don't have to have a lightning-fast, smoking guitar solo in that break between the bridge and the last verse. Heck, do you even need all those words in the bridge? - as you've said what you needed to say. Or do you just want your mouth to dance with joy in your solo break? Bring your good songs, a ready mouth and an open mind and let's have some vocal fun! Presented by Vance Gilbert. (Spider Tent)

- 6) **Time and Tools of a Songwriter: Right-brained Approaches to Time Management and Planning** – Ellis Delaney (performing songwriter) and Terri Delaney (artist manager/social worker), will teach you friendly tools for time management and organization that are designed for wandering creative-minded songwriter types who regularly feel overwhelmed and lost. Says Ellis, "Setting aside songwriting time has always been challenging for me amidst a busy touring schedule, being a mom and doing all those music business-y things on my to-do list. All of the traditional left-brained time management and organizing skills haven't worked for me. I have found that structure is freedom and we can't wait to show you these tools." (Lizard Tent)
- 7) **Next Level Voice Class** – Join Ron Browning for a fun and engaging class on how to find your best voice and performance. Discover your unique sound through conversation--after all, your singing voice is 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 found in a baby's cry and learn how to use it in singing for a more soulful expression, or to have more vocal power. Add "cry mode" to your vocal techniques and walk away from all vocal faults and your fear of high notes. And of course this will allow you to walk away from vocal fatigue once and for all. Both vocal and performance techniques will be taken into consideration for the more advanced singers. Come with questions. Guitars and recorded tracks are welcome. Or - sing a cappella! (Bear Tent)
- 8) **Social Media 101: A Crash Course For Beginners** – Social media is a necessary communication and marketing tool for today's musician but, for a beginner, it can be overwhelming! Stories and static posts? Hashtags? WTF is Tiktok? Before you jump into creating advanced strategies to build your following, you must first tackle the basics. Rad Heifer, Heather Mae's boutique marketing company, has coached, curated, and managed over 50 artists and, using the strategies in both her social media workshops, Heather Mae grew her own Instagram followers from 5K to 10K in just two years. Her workshop - Social Media 101: A Crash Course for Beginners - will help you grow your understanding and knowledge of the various FREE tools social media offers today's musician. Come prepared with questions and a smartphone! (Hummingbird Tent)
- 9) **Take a Lead Break On Your Own Song - Novice/Intermediate levels** – We will use chord changes from participant's songs and Arthur Lee Land's "Live Looping" technology to provide a framework for exploring intermediate and advanced soloing ideas. Building on pentatonic pattern ideas, 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. (Eagle Tent)
- 10) **Singing In The African American Tradition** – Participants will be learning traditional African rhythms and chants, chants from the African diaspora, Spirituals, Shouts, and Gospels all in the Oral Tradition. No experience is necessary, only a passion for singing with others. Led by Ysaye Barnwell. (Coyote Tent)

- 11) **Studio Recording and Production Techniques** - Join Los Angeles based, Gold-Record Award-Winning producer, engineer, songwriter and keyboardist Ryan Benyo for an interactive recording and music production workshop. Ryan will take you through his recording process, explaining in detail each technique along the way as he records a fully produced section of a song from scratch. A variety of techniques will be covered ranging from various microphone selection and placement techniques for guitar, vocals and other instruments to drum programming, sweetening and arranging as well as editing, mixing and overall production philosophies he uses every day in the studio with artists. Best of all, emphasis will be placed on utilizing the tools you already have and getting the most out of a cost-efficient, home studio setup. There is something for everyone in this class, whether you are new to the world of recording or a seasoned professional. (Blue Heron Tent)
- 12) **Mentoring Sessions** – See sign-ups in Blue Heron Tent

12:00 - 1:30 Lunch Break

TO DO: Confirm open stage performance times posted in Blue Heron Tent.

1:30 - 4:00 Creative Songwriting Groups: Session 2

Your daily dose of songwriting and more. See all instructor descriptions below. Each instructor will meet at the following location:

MEETING PLACES

- Mai Bloomfield - Lizard Tent
- Rebecca Folsom - Coyote Tent
- Mary Gauthier - Mountain Lion Tent
- Bonnie Hayes - Festival Main Stage
- Pat Pattison - Blue Heron Tent
- Steve Poltz - Spider Tent
- Paul Reisler - Wildflower Pavilion
- Steve Seskin - Hummingbird Tent
- Darrell Scott † - Bear Tent

“Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people”
– Nicholas Sparks

- **Mai Bloomfield** will offer: **The Healing HeArt of Song** – When you experience crisis or a life-changing event, how do you work with that in your writing/life? Many of us have climbed these mountains—a diagnosis, an accident, a loss, a triumph—even living through a pandemic can turn life upside down. As songwriters, how do we incorporate these experiences? It can be tricky. Sometimes we avoid the topics that matter most for fear we won’t do them justice. Or sometimes, we just don’t know where to start. We put it off, waiting for “the right time” (which rarely comes) and before we know it, we’ve built a wall around the very thing that has touched our heart or changed us the most. As a cancer survivor, Mai has found: the greatest challenges give way to the greatest insights. (This is good news for songwriters!) She’s developed a method that will help you tap into your own personal experience and draw out something inspired, cathartic, healing. The point is NOT to write the most important song about the most profound event of your life. But rather, to acknowledge an experience for the way it changed you, and to pull something from that place. This is a songwriting workshop, so you will leave with a new song. And also a conduit to something powerful that was born from something challenging. *Through crisis comes opportunity. Through the heART comes art.* (Lizard Tent)
- **Rebecca Folsom** will offer: **Your Vulnerability is a Superpower - Performance with Persona Play** – Would you like unconscious beliefs to stop holding you back from your most vibrant, stellar self? Would you like to have more consistently great performances, more stability, agility and ability onstage, and more connection with your audience? We will dig in and with humor magnify parts of ourselves (personas) that we either deny or long to be. By befriending and integrating them, you strengthen your whole self, boosting your capabilities onstage and on the greater stage of your life. Instead of unconsciously working against you, these personas then become allies that give you more confidence, authenticity and emotional range in your performances. The workshop is experiential, fun, effective, and deeply enlightening. (Coyote Tent)
- **Mary Gauthier** will offer: **Saved By a Song** – The purpose of these classes is to increase your overall understanding of the art of song and give you a deeper understanding of *why* you are called to write, as well as offer you valuable tools for your songwriting tool kit. Mary will give a short lecture each day, answer questions, and provide feedback on student’s songs. Mary Gauthier is a Grammy Nominated songwriter who has over 20 years of experience working with other songwriters in this way, and her book *Saved by a Song* (St. Martin’s Press) has gathered glowing reviews and accolades. You will walk away from this workshop with insider songwriting knowledge that usually takes decades to figure out. (Mountain Lion Tent)
- **Bonnie Hayes** will offer: **Song Re-writing** – Some smart alecky songwriter once said, “Songwriting should be called ‘song rewriting’”, and boy was she right. It seems like it’s easy to write a first draft, and yet so hard to find the time, or the creative energy, for re-writing our songs. In this class, bring a song you’d like to re-work, for feedback and rewriting tips. (Festival Main Stage)
- **Pat Pattison** will offer: **The Music of Poetry** – This session will look at poetry through the lens of musical composition, revealing fundamental compositional links between the two art forms. We will look at poetic counterpointing and syncopation, demonstrating the uses of tension/resolution and basic harmonic functions in poetry. (Blue Heron Tent)

- **Steve Poltz will offer: A Songwriting Class** – When asked what he was going to do Poltz replied “I don’t know. It’s all a mystery to me. Creativity is fun. It keeps folks young. Do you want to feel younger? Then come to my class. We will make up songs and laugh like idiots. This isn't rocket science! There are no rules! I want to inspire you and look into your crazy eyes and release your wild child energy that’s lying dormant in your spine. I want you to finish a song! Open up the pathways in your brain and let your freak flag fly.” When Poltz was asked if there was anything else he’d like to add he said, “If you take my songwriting class you will become a better person and probably win the lottery and achieve total consciousness.” (Spider Tent)
- **Paul Reisler will offer: Advanced Harmony and Chord Substitution** – Three chords and the truth? What about all the space between the factual truth and the emotional truth? The tonal harmonic language is so rich in its ability to color meaning through tension and release. We’ll be looking at advanced techniques such as borrowing chords, negative harmony, flat 5 substitutions, secondary diminished, and modulation. While all this sounds complicated, we’ll show you an app that provides you with a map of the possibilities for reharmonizing your music that will make it accessible. There will be examples of the techniques in styles ranging from jazz standards, to the Beatles, to Jacob Collier. Participation in Paul’s regular Harmony and Chord Substitution is a prerequisite. (Wildflower Pavilion.)
- **Steve Seskin will offer: Melody Class** – When 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 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 will also discuss rhythm and range and how to use them effectively in songs. (Hummingbird Tent)
- † PLEASE NOTE: **Darrell Scott will offer: A Songwriting Master Class** – This class will have students pre-selected ahead of time. All students are welcome to observe the process. (Bear Tent)

*“It is only with the heart that one can see rightly;
what is essential is invisible to the eye.”*
– Antoine de St. Exupery

4:15 Creative Gap... with a couple offerings for over achievers.

- 1) **Taking Care of Your Accompanist: How to Maintain Your Guitar and Any Other Stringed Instrument** - Two days into the song school and your instrument is covered in dust and grime and is buzzing in a new spot. Or maybe the neck is warping or a tuning machine broke. Learn simple techniques to maintain your guitar and prevent problems, and learn how to identify and fix some common issues that all too often lead to frustration and expensive repairs. We are spending a week learning to care for our craft, our voices, and performances, why not learn to take care of our guitar, fiddle or mandolin as well. We'll look at selecting the right strings for instrument style and playing technique, changing strings, cleaning your instrument: what to use, what not to use, humidity control - cracks, popped out frets, neck warping and how to prevent it all, understanding neck relief, why it matters and some techniques to adjusting it and understanding intonation and how adjust it if needed. Presented by Dan Harris. (Coffee Bar next to Blue Heron Tent)
- 2) **Alan Explains It All** – This workshop will cover a wide range of topics crucial to the success of the performing songwriter, and tailored to the students interests, including why building an internet identity is much more than creating a webpage. We'll cover using email, web research, and social networking effectively, as well as making one's music available online. We'll also talk about booking strategies, building community coalitions, getting the most out of a sound check, and/or ways to make a living as a musician in the post-CD economy. There are countless challenges out there. Alan Rowoth is the creator of "folkmusic.org", one of the most comprehensive sources for folk and acoustic music resources on the World Wide Web and will let the students dictate where the conversation goes. (Blue Heron Tent)
- 3) **Qi Gong** – Qi Gong is a 4,000 year old practice that cultivates energy and vitality. Join Carli Zug for gentle movements that strengthen the body, increase flexibility and relieve stress. No experience necessary, just comfortable clothes. (Trout Tent)
- 4) **Mentoring Sessions** – Rebecca Folsom, others, see sign-ups in Blue Heron Tent

4:00 - 5:00 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.

5:30 - 8:00 Dinner and snacks served on site

(Visit the Bloomberries Booth next to the bathhouse for a convenient dinner.)

8:00 Open Stage

Confirm your day and time posted in Blue Heron Tent. (Wildflower Pavilion)

Wednesday, August 4th

TIP OF THE DAY

Pace yourself and enjoy!

TO DO LIST

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

7:30 - 8:15 Qi Gong

Practice gentle movements with Carli Zug that strengthen the body, increase flexibility and relieve stress. (Trout Tent)

8:00 - 9:00 Yoga

Heather Hottovy will help celebrate the start of your day with a gentle yoga routine. Complimentary mats and blocks provided. (Meet by silo.)

9:30 - 10:00 Community Morning Sing

Join Ysaye Barnwell for some morning harmony singing. A wonderful way to start your day! (Wildflower Pavilion)

10:15 - 12:00 Electives

- 1) **Directed Writing with Paul Reisler** – This is a multi-day workshop that is progressive. Sorry, no new people after Tuesday. (Mountain Lion Tent)
- 2) **Raise the Vibration: Infusing Your Songwriting with the Power of Mantra** – We might think of mantras in relation to meditation, yoga, or spiritual practice. But in many ways, mantras exist in the songs we sing, write, and hear on the radio. Mantras (like songs) are vehicles that transport the listener to a state of being or awareness. They help connect us to our higher self and to each other. In times of confusion, overwhelm, or crisis, they can center us and bring a sense of peace and direction. As songwriters, we have a unique opportunity to create mantras from our personal experience, and put them into song as a way to learn, heal, uplift, celebrate, connect. What would it sound like if you wrote a song inspired by a mantra? In this class we'll explore and create mantras by drawing upon our own life experience (for there is great wisdom there!) We'll reflect on personal experiences (like living through a pandemic or other significant life events), we'll do some writing exercises, we'll break off for personal songwriting time, and we'll share (one of the best parts!) You will come away from the class with a new song seed infused with the power of a mantra. You may be surprised what it opens up in your songwriting practice, and in your life! (Trout Tent).

- 3) **Performance with Amy Speace** – A 4-day comprehensive look at The Art & Craft of Performance. **Day 3. The Performer** - Who are you? What is your “Thing?” What are you bringing to the stage, before you put on your costume, your makeup, your guitar? What is essentially YOU that you may or may not be aware you’re taking with you every night and, once you know, are you using that knowledge in your performance? That is: are you working *against* your own essence or using it *for* a more powerfully authentic performance? Day 3 is about The Performer, who you really are and the different performance choices that offers. (Wildflower Pavilion)
- 4) **Next Level Voice Class** – Join Ron Browning for a fun and engaging class on how to find your best voice and performance. Discover your unique sound through conversation--after all, your singing voice is 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 found in a baby’s cry and learn how to use it in singing for a more soulful expression , or to have more vocal power. Add “cry mode” to your vocal techniques and walk away from all vocal faults and your fear of high notes. And of course this will allow you to walk away from vocal fatigue once and for all. Both vocal and performance techniques will be taken into consideration for the more advanced singers. Come with questions. Guitars and recorded tracks are welcome. Or - sing a cappella! (Bear Tent)
- 5) **Singing In The African American Tradition** – Participants will be learning traditional African rhythms and chants, chants from the African diaspora, Spirituals, Shouts, and Gospels all in the Oral Tradition. No experience is necessary, only a passion for singing with others. Presented by Ysaye Barnwell. (Spider Tent)
- 6) **Curious Listening** – We all love music, and especially songs - that’s why we’re here. Learning to listen carefully, what some people call critical listening but which we’ll call curious listening, is an important part of unlocking the songwriting secrets that songs hold. In this class, we’ll listen to songs in a curious and analytical way, several times, and ask each other to share what we hear. If you have a song you’d like to understand better, please come prepared to suggest it—hopefully we can listen to 4-5 songs! Presented by Bonnie Hayes. (Coyote Tent)
- 7) **Somatic Racial Justice Workshop** – Folk music has long been a promoter of social justice but has struggled to talk about racial injustice directly. Utilizing the work of Resmaa Menakem, we will help you explore a different way of looking at engaging about race and racism that works with the body (not just talking). We will have Menakem’s NYT bestselling book *My Grandmother’s Hands* available for sale. Presented by Terri Delaney and Ellis Delaney. (Lizard Tent)

“Why not go out on a limb? That’s where the fruit is.”
– Will Rogers

- 8) **Social Media 201: Work Smarter, Not Harder** – If you’re looking for a way to level up your social media and to make good use of these free marketing tools, this is the workshop for you. We will cover how to create dynamic content that will increase fan engagement, build your number of followers, and help you shift social media from a stresser into your favorite tool in your brand building tool belt. Rad Heifer, Heather Mae’s boutique marketing company, has coached, curated, and managed over 50 artists and, using the strategies in both her social media workshops, Heather Mae grew her own Instagram followers from 5K to 10K in just two years. She will share her tips and tricks for maintaining and growing her fan base using social media and offer an inside look into her expert marketing strategies. Recommended for those already familiar with or have at least an intermediate understanding of social media. Beginners should attend Heather Mae’s other workshop - Social Media 101: A Crash Course for Beginners - before attending this workshop. Come prepared with questions and a smartphone! (Blue Heron Tent)

- 9) **Plug In: Acoustic Instrument Amplification** – So you have your guitar and your song and you're ready to hit the stage. You've spent countless hours honing your act and conjuring up beautiful sounds on your instrument, and now you need to plug in. Along with all the other skills you work to master as a performing acoustic artist, plugging in an acoustic instrument is an essential skill which can really help you sound your best. In this class we'll be investigating the various ways to get your instrument plugged in and sounding great, including: Acoustic instrument pickups / selecting the best one for your instrument and style, using various types of Preamps and DI boxes, using EQ to dial in the best sound for your instrument and pickup combination, adding and using effects - reverb, compression, delay etc. We will have a number of our preamps to try (FELiX, ALiX and BiX) with a high quality PA system. Participants are asked to bring their instruments so we can do hands-on experiments with everybody's particular setups. Presented by Michael and Eben Grace. (Hummingbird Tent)

- 10) **Take a Lead Break On Your Own Song - Intermediate/Advanced levels** – We will use chord changes from participant’s songs and Arthur Lee Land’s “Live Looping” technology to provide a framework for exploring intermediate and advanced soloing ideas. Building on pentatonic pattern ideas, 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. (Eagle Tent)

- 11) **Mentoring Sessions** – Steve Seskin (Turtle Tent), others TBA. Check sign-ups at Blue Heron Tent

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 and more. See all instructor descriptions below. Each instructor will meet at the following location:

MEETING PLACES

- Rebecca Folsom - Wildflower Pavilion
- Mary Gauthier - Mountain Lion Tent
- Vance Gilbert - Eagle Tent (backstage)
- Bonnie Hayes - Coyote Tent
- Paul Reisler - Lizard Tent
- Pat Pattison - Blue Heron Tent
- Steve Poltz - Spider Tent
- Steve Seskin- Hummingbird Tent
- Darrell Scott † - Bear Tent

- **Rebecca Folsom will offer Zen Mind, Beginner Mind: Performing, Painting, Music & Poetry Workshop** – This is one unique and surprisingly freeing workshop! We will actively mix three different creative mediums; playing music, painting with acrylics, and writing prose. Participants will rotate and take turns with each media. Experience the freedom and delight of bypassing your inner rational critic as you surprise and entice your inner muse into ecstatic expression! No experience necessary. Come ready to paint, to write and to play. All art supplies will be provided, just bring your voice and/or instrument and writing journal. (Wildflower Pavilion)
- **Mary Gauthier will offer: Saved By a Song** – The purpose of these classes is to increase your overall understanding of the art of song and give you a deeper understanding of *why* you are called to write, as well as offer you valuable tools for your songwriting tool kit. Mary will give a short lecture each day, answer questions, and provide feedback on student’s songs. Mary Gauthier is a Grammy Nominated songwriter who has over 20 years of experience working with other songwriters in this way, and her book *Saved by a Song* (St. Martin’s Press) has gathered glowing reviews and accolades. You will walk away from this workshop with insider songwriting knowledge that usually takes decades to figure out. (Mountain Lion Tent)
- **Vance Gilbert will offer: Songwriting Through the Eyes of Performance** – A great song does not by itself get heard. It needs to be performed so that a producer, publisher, record exec, and most importantly your fans can be part of it’s full impact. It’s a “collision course” Vance offers where performance and songwriting are inextricably intertwined entities. Here’s your chance to pick up and hone some skills that will make your song and it’s presentation shine. Everything from keeping time, arrangement of the song, what key, “getting the guitar out of the way”, the cliché police, posture, vocal stuff, even how to approach the stage and plug in the guitar will be examined on the mike in a safe and supportive “open mike-ish” atmosphere. (Eagle Tent - backstage)

- **Bonnie Hayes will offer: Writing Hit Songs** – Most songwriters don't care at all about writing hit songs. But most do want to write songs that make listeners dance, or sing along, or cry - or all three. Even if we don't really like them when we hear them on the radio, hit songs, listened to and loved by millions of people, hold secrets that can be unlocked and applied to personal writing. Learning techniques used by hit songwriter can help us make the tweaks to our songs that make them just a little more effective. In this class, we'll look at the characteristics of hit songs past and present. We'll also answer the question of why choruses are so important, celebrate the wonderful invention of the post-chorus, review some processes that songwriters use to make their songs accessible and yet unique, and discuss how to balance your own authentic voice and story with the intentional and technical approach used by hit writers. (Coyote Tent)
- **Paul Reisler will offer: Songwriting With Kids** – I'm the founder and artistic director of Kid Pan Alley. We've now written over 2,700 songs with over 65,000 children using a group songwriting process I've developed. Kid Pan Alley Nashville features Amy Grant, Delbert McClinton, Suzy Bogguss, Raul Malo, Tommy Sims and others recording the songs we wrote with the children. 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. And it may be the most likely way to make money with your songwriting. (Lizard Tent)
- **Pat Pattison will offer: Phrasing: The Body Language of Your Song** – This session will give you important keys to phrasing your lyrics for the most impact and support of meaning. Working with rhythms and placements, you'll learn how to make sure that the line, like body language, helps to really deliver the emotion you intend. This is another "can't miss" seminar - it's bound to take your writing to the next level. (Blue Heron Tent)
- **Steve Poltz will offer: A Songwriting Class** – When asked what he was going to do Poltz replied "I don't know. It's all a mystery to me. Creativity is fun. It keeps folks young. Do you want to feel younger? Then come to my class. We will make up songs and laugh like idiots. This isn't rocket science! There are no rules! I want to inspire you and look into your crazy eyes and release your wild child energy that's lying dormant in your spine. I want you to finish a song! Open up the pathways in your brain and let your freak flag fly." When Poltz was asked if there was anything else he'd like to add he said, "If you take my songwriting class you will become a better person and probably win the lottery and achieve total consciousness." (Spider Tent)

*"Creativity is allowing yourself to make mistakes.
Art is knowing which ones to keep."
– Scott Adams*

- **Steve Seskin will offer: Writing/Rewriting, There is a Difference** – Writing can more easily come from that dreamy/stream of consciousness place. Rewriting involves considering what you've already written and in many ways is a lot more tedious. In this seminar we 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 just to give myself choices. We will also explore melodic re-writes and chord substitution as a tool to get the most impact out of the musical side of things. (Hummingbird Tent)
- † **PLEASE NOTE: Darrell Scott will offer: A Songwriting Master Class** – This class will have students pre-selected ahead of time. All students are welcome to observe the process. (Bear Tent)

1:30 - 4:00 Mentoring – Judith Wade (backstage), others TBA.

4:15 - 5:30 Electives

- 1) **Break Out of Your Rhythmic Ruts -- Transform Your Strumming** – Building on the basic principles of the Guaranteed Groove class, this workshop will explore practical ways to change up your strumming patterns. We'll analyze your current patterns, offer a variety of new ones, introduce tools for creating your own, and demonstrate the power of repetition to create new muscle memories in your strumming hand. If you don't currently use a pick to strum your guitar, we'll cover why you should and how to start. We'll also talk about how to separate the rhythm of your strumming hand from the rhythm you're singing. Do you feel like a lot of your songs use similar grooves? Are you looking for new rhythmic ideas to jumpstart your songwriting? This class is for you! Presented by JJ Jones. *Can be taken as a stand-alone class with or without Guaranteed Groove. Being familiar with how to use a metronome and count beat subdivisions will be helpful!* (Wildflower Pavilion)
- 2) **Experimenting With Altered Tunings and Multiple Capoes** – "You hear other people using altered tunings and multiple capos and it sounds so good... well this workshop will introduce you to the magical world of multiple three string capos with altered tunings!. Bill Nash has been on the cutting edge of trying to make the guitar easier to play with fewer fingers due to his dealing with multiple sclerosis for over 30 years, and in this workshop, you will learn many hints and ideas on how to achieve this goal. He has been giving these workshops at song schools across the country (including the Rocky Mountain Folks Festival Song School for more than a decade, the Kerrville Songwriters School for the since 2016, and at the SWRFA conference the last two years) and has received many accolades from his participants. He also does one-on-one mentor sessions during song school and sometimes during the festival (by appointment). There will be handouts available for students to take away from each workshop." Presented by Bill Nash. (Coyote 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 of live-looping. The elements of musicianship, technology, sound engineer, arranger and entertainer all come together in this 21st century art-form. Learn how to combine traditional instruments and emerging technologies to create an entire one-man band and how you can use live-looping to enhance your 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. (Eagle Tent - backstage)
- 4) **What Is the Purpose of the Recording?** – Darrell Scott leads a discussion on how making recorded music fits into one's musical toolkit in these ever changing times. (Bear Tent)
- 5) **Healthy Voice** – This session with Clare McLeod will give an overview of vocal health, a little myth-busting, what to do in case of a problem, and best practices to keep you singing healthily throughout your life. Operating from a thorough understanding of how the voice works, Clare will help you explore options and choices that will put you in the driver's seat. Come with your voice questions! (Blue Heron Tent)
- 6) **Embrace the Change: A Crash Course on Key Transposition** – Nikki Giovanni said, "A lot of people resist transition and therefore never allow themselves to enjoy who they are. Embrace the change, no matter what it is; once you do, you can learn about the new world you're in and take advantage of it." When we hear a song that speaks to us, it doesn't always speak to our vocal abilities. Sometimes a small change in key makes a huge difference in performance. It can be the difference between singing in a way that makes your vocal chords give out or in a way that lets you freely sing your heart out. Acoustic instruments are welcome. Presented by Crys Matthews (Mountain Lion Tent)
- 7) **Let's Write a Song!** – Join Paul Reisler for a songwriting session for a very special person. Details will follow... (Trout Tent)
- 8) **Slow Down, You Move Too Fast...** – Please join us if you are looking for a chance to; slow down, expand your awareness, experience a dynamic meditation, deepen your listening skills and get to that place where the music can come through you. In this workshop we will be exploring the powerful connection between music and the natural world and how to slow down in order to become more "in-tune" with all things. We will start with an interactive dialogue about this connection and then move outside for an experiential exercise designed to really dial you in and slow you down. Blindfolds will be provided. Presented by Bob Hemenger. (Yurt)
- 9) **Mentoring Sessions** – Rebecca Folsom (Turtle), Judith Wade (backstage campground), others TBA

5:30 - 8:00 Dinner and snacks served on site (visit the Bloomberries booth)

8:00 Open Stage

Confirm your day and time posted in Blue Heron Tent. (Wildflower Pavilion)

Thursday, August 5th

TIP OF THE DAY

Pick up your Festival wristbands. (Festival Box Office opens from noon - 9pm)

TO DO LIST

- Your night to play the open stage? Confirm your time at Blue Heron Tent.
- Mentoring session sign ups out at 9am in Blue heron Tent.
- Song School Vehicles off site during lunch break. All vehicles without on-site festival vehicle passes must be off property by 1:30pm.

7:30 - 8:15 Qi Gong

Practice gentle movements with Carli Zug that strengthen the body, increase flexibility and relieve stress. (Trout Tent)

8:00 - 9:00 Yoga

Heather Hottovy will help celebrate the start of your day with gentle yoga. (Meet near silo)

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

The final songwriting session and more. See all instructor descriptions below. Each instructor will meet at the following location:

MEETING PLACES

- Mai Bloomfield - (Trout Tent)
- Ellis, Terri Delaney - Lizard Tent
- Mary Gauthier - Mountain Lion Tent
- Vance Gilbert - Eagle Tent (backstage)
- Bonnie Hayes - Coyote Tent
- Steve Poltz - Spider Tent
- Clare McLeod - Wildflower Pavilion
- Pat Pattison- Blue Heron Tent
- Steve Seskin - Hummingbird Tent
- Darrell Scott †- Bear Tent

"Often the creative urge, once we express it, brings real relief in whatever form it takes. We have an inner sense that we can make what is into what we feel could and should be."

– Fred Rogers

- **Mai Bloomfield** will offer: **The Healing HeArt of Song** – When you experience crisis or a life-changing event, how do you work with that in your writing/life? Many of us have climbed these mountains—a diagnosis, an accident, a loss, a triumph—even living through a pandemic can turn life upside down. As songwriters, how do we incorporate these experiences? It can be tricky. Sometimes we avoid the topics that matter most for fear we won’t do them justice. Or sometimes, we just don’t know where to start. We put it off, waiting for “the right time” (which rarely comes) and before we know it, we’ve built a wall around the very thing that has touched our heart or changed us the most. As a cancer survivor, Mai has found: the greatest challenges give way to the greatest insights. (This is good news for songwriters!) She’s developed a method that will help you tap into your own personal experience and draw out something inspired, cathartic, healing. The point is NOT to write the most important song about the most profound event of your life. But rather, to acknowledge an experience for the way it changed you, and to pull something from that place. This is a songwriting workshop, so you will leave with a new song. And also a conduit to something powerful that was born from something challenging. *Through crisis comes opportunity. Through the heART comes art.* (Trout Tent)
- **Ellis and Terri Delaney** will offer: **Undefended Songwriting** – Are you interested in writing with an undefended heart? In this workshop, Ellis (performing songwriter) and Terri (somatic therapist) will help you work with your body & nervous system to be less defensive and more open-hearted as you write. It is nearly impossible to create when your nervous system believes there is a threat. The truth is that good writing is vulnerable writing, and if you have a history of not being seen, just trying to write will create a defensive body response. We will explore bottom-up practices (vs. top-down) that will help you grow your capacity to stay engaged and be intimate with creativity instead of spacing out, avoiding, fighting or running away. Come prepared to write and move your body! (Lizard Tent)
- **Mary Gauthier** will offer: **Saved By a Song** – The purpose of these classes is to increase your overall understanding of the art of song and give you a deeper understanding of *why* you are called to write, as well as offer you valuable tools for your songwriting tool kit. Mary will give a short lecture each day, answer questions, and provide feedback on student’s songs. Mary Gauthier is a Grammy Nominated songwriter who has over 20 years of experience working with other songwriters in this way, and her book *Saved by a Song* (St. Martin’s Press) has gathered glowing reviews and accolades. You will walk away from this workshop with insider songwriting knowledge that usually takes decades to figure out. (Mountain Lion Tent)
- **Vance Gilbert** will offer: **Vance 202** – Are you a working musician? Have you had a few sessions with Vance’s “bootcamp” over the last few years? Well, here’s a chance to dig in a little deeper. We’ll look at the shape of a “set”, the set list itself, patter, and prepping for a performance. Also the song will be scrutinized (bring one that is somewhat “tattered” and just not working for you for whatever reason). Think of the previously mentioned Vance classes with a substantially more intensive examination of what you write and how you present it on the stage. There’ll be a little clawing and bleeding – antiseptic will be provided... just kidding – don’t be such a chicken! (Eagle Tent – backstage)

- **Bonnie Hayes will offer: Harmony, Tonality and Chords - Oh My!** – The chord progression of a song provides the emotional understorey to your lyrics and melody, the “film score” to your song’s lyric story. For us, using chords in an emotional way is hindered both by limitations of what we know or are able to play, as well as difficulty with “thinking” about harmony. This class will walk songwriters through the basics of tonality, including chord progressions, modes, relative minors, and blues tonalities, learn some chord progressions for each, explore the wonders of the circle of 5ths, and just generally nerd out on harmony. (Coyote Tent)
- **Pat Pattison will offer: Point of View: Choosing the Best Lens** – Illuminate your songwriting: Involve your audience more deeply in your song by creating the most potent lens for them to look through. This class will focus on Point of View as a tool, illustrating and understanding all the possible angles for viewing, and their effects on the listener. Choosing the right Point of View is the difference between “Wow!” and “Next.” Let everyone see your songs shine like they should! (Blue Heron Tent)
- **Steve Poltz will offer: A Songwriting Class** – When asked what he was going to do Poltz replied “I don’t know. It’s all a mystery to me. Creativity is fun. It keeps folks young. Do you want to feel younger? Then come to my class. We will make up songs and laugh like idiots. This isn’t rocket science! There are no rules! I want to inspire you and look into your crazy eyes and release your wild child energy that’s lying dormant in your spine. I want you to finish a song! Open up the pathways in your brain and let your freak flag fly.” When Poltz was asked if there was anything else he’d like to add he said, “If you take my songwriting class you will become a better person and probably win the lottery and achieve total consciousness.” (Spider Tent)
- **Clare McLeod will offer: Your Voice: A Guided Tour** – Your sound is the result of a dynamic process in which several parts of your body interact. In this session, you’ll develop your understanding of the structures that make up the quality of your voice and strengthen both your consistency and versatility. Operating from a thorough understanding of how the voice works, Clare will help you deepen your connection to your instrument, your material and your audience. (Wildflower Pavilion)
- **Steve Seskin will offer: Collaboration** – I have written songs with over 150 different co-writers. Many people I’ve only written one song with. It doesn’t always work. For some people it’s not an option at all. In this workshop, I talk about the different aspects of co-writing; how to pick a co-writer that might be good for you, what to expect if you never tried it before, and the protocol involved in approaching someone about co-writing. I also cover how to make yourself and your co-writer feel comfortable so both of you can do your best work. Legal issues and royalty splits are also discussed. If we have time, we may try some actual co-writing during this class. (Hummingbird Tent)
- † PLEASE NOTE: **Darrell Scott will offer a Songwriting Master Class** – Students have been pre-selected ahead of time, but all students are welcome to observe the process. (Bear Tent)

9:30 - 12:00 Mentoring Sessions – Judith Wade (backstage campground along river), others TBA

12:00 - 1:30 Lunch Break - please read below!

All Song Schoolers without on-site festival vehicle passes must move their vehicles out of the campground parking area to the designated Song School parking area at the Planet Bluegrass Farm. Simply turn right at exit and go 1/3 mile past Apple Valley Road to Farm entrance on the left. It's just a short walk back over the bridge and under the highway to the festival grounds. Thanks!

1:30 - 3:00 Electives

- 1) **Directed Writing Songsharing with Paul Reisler** – In this final session, participants will perform and record material gleaned from the morning songwriting sessions. (Mountain Lion Tent)
- 2) **Drive By Co Write** – A chance to watch two brave and unfettered songwriters, Steve Seskin and Steve Poltz collaborate live and write a song in just ninety minutes from scratch. There's never a dull moment! (Spider Tent)
- 3) **Crowdfund Like a Boss** – Crowdfunding is possible for every level of musician! In this class, Heather Mae will share her step-by-step plan to successfully launch a campaign by showing you how to hack Kickstarter's algorithm, craft your personal story into a compelling campaign that draws in NEW fans, build a marketing team, create an incentive calendar that drives engagement, and more. Heather Mae, singer-songwriter and founder of Rad Heifer, a boutique marketing and artist development company, has successfully crowdfunded three Kickstarter campaigns and has managed over 15 successful crowdfunding campaigns in three years (five successfully funded during the Pandemic). This workshop is an opportunity to learn from her and receive an inside look at her crowdfunding marketing strategy: the Rad Heifer Method. (Eagle Tent)
- 4) **360° Creative Freedom** – Have you ever had the suspicion that in life and in your creative ventures maybe you don't have to work so hard? Maybe there is an easier way? Have you had the experience when something you're creating- a song, a show, an experience, a connection - comes together quickly and effortlessly? Do you know some people who make manifesting their vision look easy? Have you had enough of working hard? Are you ready for easy? On almost all boats there are small parts called Trim Tabs. These pieces, though small, create great impact in the movement of the vessel. Here's what is said about Trim Tabs. Large and small boats benefit, they get the boat out of the hole and on plane quickly, They improve speed, safety and overall performance. They improve fuel consumption and lessen stress. They provide cost savings and make for a more enjoyable ride. Sound good? Come and I'll teach you how to access your Trim Tab moves for all your creative ventures. Presented by Rebecca Folsom. (Bear Tent)
- 5) **Arranging a Cappella Vocals** – Bring your new songs or old songs and we will do them a cappella, creating harmony lines and rhythmic lines in set and improvised arrangements. Presented by Ysaye Barnwell. (Coyote Tent)

- 6) **How To Build Your Team** – In this class, Mary Gauthier will discuss how to be successful as a DIY artist. It's done with a GREAT team, and building that team is the second most important way to move your career forward. Amazing songs are the first, but without a great team to get your songs out into the world, no one will hear them. This will be a Q and A session, as well as a lecture. (Lizard Tent)
- 7) **Fingerpicking Good (Part 1)** – Whether you've never fingerpicked before, or feel you've plateaued in your guitar playing, this interactive workshop with Justin Roth will teach you why and how to incorporate fingerpicking into your box of tools. We will cover multiple fingerpicking patterns and other important basic techniques to help you to either begin, or improve, your fingerpicking as well as gain finger independence, control and clarity. This workshop is open to all levels, but we will start with beginner-intermediate level. Handouts provided. (Trout Tent)
- 8) **Performance - Session 4 - The Show: Putting It Together** – Now that we know what we are trying to DO (The Technique) and who we ARE (Essence), we deal with the show. First, we tackle banter. When is it necessary and when is it just nervous babble that takes us (and our audience) out of the connection? Then, we tackle the arc of the set as an extension of the narrative of the songs and the performer and how to order songs for each set. And how your knowledge of the work we did on Day 1-3 can help you make choices of your banter and song choice; even which songs to cover. (Wildflower Pavilion)
- 9) **Takin' Care of Business: Setting Up For Success in the Music Business** – Question: Do you know the secret of how to end up with a million dollars in the music industry? Start with 2 million dollars! Unless we already have a couple million in the bank, independent artists and songwriters need to make sure we are on top of the business aspects of our recording, songwriting and performing activities. This workshop -- hosted by two touring songwriters and recording artists, attorney Mark Monroe Gibson and Access Film Music's "Chicago" Mike Beck - will take participants through a check-list and review of critical business infrastructure for every performance / recording / songwriting career, including the setup, structure and form of your business, an inventory of intellectual property assets (copyrights and trademarks), and possible regulatory requirements. It will also include a discussion of important considerations for various common music industry contracts, music publishing matters, licensing music to film / tv / video games / advertising, trademarks, how to get your royalties from performance rights organizations (PROs) like ASCAP, BMI, SoundExchange, and more. Presented by Mark Monroe Gibson and "Chicago" Mike Beck (Blue Heron Tent)
- 10) **Mentoring Sessions** – See sign-ups in Blue Heron Tent

*"You can't use up creativity.
The more you use, the more you have."
– Maya Angelou*

3:15 - 4:30 Electives

- 1) **Peace. Love. Guitar.** - As our songwriting and performance skills develop, so should our guitar artistry. Dedicating just a little time each day will help us become better guitar players and elevate our performances to the next level. From warm up, technique, song practice, creativity, and finding your guitar voice. We'll explore fun and motivating ways to practice with a purpose. Bring your guitar. Presented by RJ Cowdery. (Mountain Lion Tent)
- 2) **Music, Movies, Money: How To Make The Movie Business Work For Your Music** - Most independent recording artists are seeking opportunities to expose their music to a wider audience and are eager to earn money with their music. Having your music included in a popular film, television series, video game or new media outlet can serve both these goals, and it's not as far out of reach as you might expect. This workshop "Music, Movies & Money" will show you how to make the movie, television and video game industries work for you and your music. Benefits include increased revenue, new promotion and exposure opportunities, connections with new audiences, prestige and more. This workshop will unveil the process behind the scenes, and show you several paths to bring your music to the big screen. Presented by Mike Beck (Blue Heron Tent)
- 3) **Fingerpicking Better! Part 2** - This two part course with Justin Roth will continue where we left off in "Fingerpicking Good" for those who are ready for more, or for other intermediate - advance players who have the basics of fingerpicking covered already. Feel free to attend both, or just one of these workshops depending upon your comfort and experience level. In this course we will also learn how to incorporate other right hand techniques including hammer-ons, pull-offs, muting and percussive techniques into different fingerpicking patterns, as well as using them in chord progressions. Handouts provided. (Trout Tent)
- 4) **Sing Don't Shout: An Alternative Approach to Social Justice Songwriting** – For those of us who write social justice music, it can be a challenge to say what we want to say in a way that calls out injustice while also calling the listener in. We'll talk about ways to organize your message, and craft a protest song in a way that tackles difficult subject matters while also offering hope and inspiration. Presented by Crys Matthews. (Spider Tent)
- 5) **Slow Down, You Move Too Fast...** – Please join us if you are looking for a chance to; slow down, expand your awareness, experience a dynamic meditation, deepen your listening skills and get to that place where the music can come through you. In this workshop we will be exploring the powerful connection between music and the natural world and how to slow down in order to become more "in-tune" with all things. We will start with an interactive dialogue about this connection and then move outside for an experiential exercise designed to really dial you in and slow you down. Blindfolds will be provided. Presented by Bob Hemenger. (Frog Tent, artist dressing room next to Eagle Tent)

"In the midst of chaos, there is also opportunity." – Sun Tzu

- 6) **Fill Your Cup: Toning Workshop** – This workshop with Rebecca Folsom will have a leaning towards vocal toning, releasing and relaxation. 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 unique blend of traditional and non-traditional vocal technique, martial arts, yogic posture, Toltec and Taoist exercises. Together we will embody agile, grounded vocal resonance, and culminate toning and harmonizing together. (Bear Tent)
- 7) **Cracking the Code Part 2: Connecting the Dots: Working Creatively with Scales, Triad Inversions and Arpeggios** – Why do guitarists learn scale patterns anyway? In Part 2 of Cracking the Code, we will explore applications for writing and arranging with scales and triads, based on our knowledge from Part 1 of the class. First, we will gently learn the fundamentals of *chord inversions*, easily unlocking the upper regions of the fretboard, where you'll be able to play the chords you already know in different ways and in different places. We will discover how triads “overlap” *across* the neck of the guitar, which will help us see how triads are fundamentally connected to scale shapes in specific regions around the guitar neck. We will learn new arrangement techniques with *arpeggios*, by simply playing triads notes one at a time in different patterns. We will apply our new skills by playing along with some familiar chord progressions. By creating your own geography of the neck with scales, triads and arpeggios you can discover the Grand Unified Field Theory of guitar! I hope this course will help you expand your versatility and creativity in writing, arranging and embellishing your songs. Presented by John Linn. (Lizard Tent)
- 8) **This Song is For Me** – Often there is so much focus on honing our originals so they can stand side-by-side with songs we admire on the radio, Spotify, Apple Music. But what about the songs you wrote in the midst of 15 months of serious sequestering and introspection? Do they have to sound like hits? Or can we honor and validate those songs written from that very personal space, even if they don't line up like "verse verse chorus verse bridge chorus" tickets to fame. What about those songs that are the ticket to your personal well being? Let's play some of them, chat about them, and see where these songs live in the pantheon of *you*. Presented by Vance Gilbert. (Eagle Tent)
- 9) **Mentoring Sessions** – See sign-ups in Blue Heron Tent

4:45 - 5:15 Song School Closing

Our final session brings us all back together for a final community sing led by Ysaye Barnwell in the Wildflower Pavilion.

6:00 - 7:30 Song School BBQ and Mercantile

The BBQs are open to all Song School participants and their registered guests only. Head Chef: Markus Chesla. **Please reuse and compost everything!** (Backstage)

- Instructors and students will have books and CDs for sale backstage during the BBQ.

7:30 Open Stage

Confirm your day and time posted in Blue Heron Tent. (Wildflower Pavilion)

Other things you need to know about...

The Song School Instructor Bios: Bios can be found at: TheSongSchool.com/bios

Songwriting Sessions: These daily sessions are designed to give you a variety of approaches to the songwriting craft plus additional elective topics. Some instructors repeat their lesson plan while others will focus on specific topics each day as noted in the schedule. We encourage students to self-monitor class sizes and keep in mind that if a class you want to take is large one day, it's very likely to be smaller the next.

Electives: Your journey through The Song School schedule is entirely up to you! Each day, a variety of elective classes are offered. Please note that some electives are only offered once, and a few are offered multiple times during the week. A couple electives, Directed Writing and Advanced Harmony 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 **class listing** for a quick overview and to the course descriptions for specific details. No advance sign-up needed!

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). Check back for late additions. Most sessions will meet under 10 x 10 tents near the silo and riverfront. Because of the limited amount of mentoring sessions, you may sign up for only one session during the week unless space is available at the last minute.

Open Stage: The evening open stages are offered as an opportunity to perform an original song for peers in the Wildflower Pavilion. Due to our amplified sound curfews, we have a limited number of spots available. Students who wish to perform must enter by 9:15am in the Blue Heron Tent (registration tent) on Monday to participate. A random drawing will be made (from the names of those who have entered their name to participate) 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.

Instrument Maintenance Issues? Luthier Dan Harris is offering a workshop on caring for your instrument on Tuesday at 4:15pm at the coffee bar by Blue Heron Tent. He is also available during the week for any issues that might pop up.

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 for others to see.

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 at a later date using the address on the form.

Some handouts are available online during and after the Song School: We will have instructor handouts available to students after the Song School at:

- **TheSongSchool.com/materials**

Wi-Fi Hot Spots: We have wi-fi coverage available near the Wildflower Pavilion and in much of the front campground.

- Network names: **PB-SongSchool**
- Wifi Password: **JohnPrine**

Guests: Please do not disturb classes i.e. do not hang out in classroom areas while classes are in session. Wi-fi is available in the front campground and there is also free wi-fi access at the Stone Cup Coffee Shop a short walk away in Lyons.

Instructor materials and recordings available during the Thursday BBQ: Many instructors will 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 during the BBQ where instructor materials will be for sale. Students may also sell their CDs during the BBQ as space allows.

Composting Recycling and Biobags: Planet Bluegrass has continued to minimize the landfill waste the schools and festivals produce. Help us by using our color-coded waste stations in the campground and classroom areas. *Remember, all food, beer and water cups and plates used at the Song School BBQ's are compostable or recyclable.* Thanks in advance for your help.

Onsite Food Options: We are pleased to once again have a food vendor, Bloomberries, on the grounds during the Song School for breakfast and lunch every day and **dinners on Tuesday and Wednesday.**

Reiki Sessions: Students may schedule and pay for Reiki on Tuesday and a limited number of free Reiki and massage sessions will be available on Wednesday and Thursday with Judith Wade. Sign ups will be posted at 9am on Wed and Thurs in the Blue Heron Tent. Reiki is a facilitated energy technique to assist with easing tension and stress and helps support the body's natural healing process. It's for everyone and enriches personal wellness. Are you feeling overwhelmed? Lacking energy? Processing emotions? Seeking clarity? Have writers block? Have aches and pains? Reiki heals on all levels and can help you find a greater sense of peace and renewal. These changes are often accompanied with physical changes such as easier breathing, lower heart rate, and relief from pain.