



fika musik

July 2018



Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
	<p>9:00-12:00</p> <p>Warm-up: Getting It into the Body: Developing an empathic connection between conductor and singer</p> <p>Vocal Techniques: Addressing Respiration and Phonation: Ideas for application</p> <p>FIKA</p> <p>Embodied Score Preparation: Conducting and cuing with the body in mind</p>	<p>9:00-12:00</p> <p>Taming the Tongue: Considering the tongue's role in singing</p> <p>Resonance: Principles and ideas for practice</p> <p>FIKA</p> <p>Tuning in the choral ensemble: Foundational and advanced principles</p>	<p>9:00-12:00</p> <p>Warm-up: Awakening "the ear"</p> <p>Digging Deeper: Conducting as a way of being</p> <p>FIKA</p> <p>Group Vocal Lesson: Theory into practice</p>	<p>9:00-12:00</p> <p>The synaptic approach to developing a great choir: Expanding our thinking on rehearsal procedure PART ONE</p> <p>FIKA</p> <p>The synaptic approach: PART TWO</p>	<p>9:00-12:00</p> <p>FIKA Group Breakfast</p> <p>Conductors. Being.</p>
	<p>1:00-4:00</p> <p>Techniques into Practice: Breath and body</p> <p>FIKA</p> <p>Re-thinking the changing voice: The journey from grade 4 to early adulthood</p> <p>Voice Matching and Placement</p>	<p>1:00-4:00</p> <p>Vowels: Formation and relation</p> <p>FIKA</p> <p>Techniques into practice: Tuning and tone</p>	<p>1:00-4:00</p> <p>Expressive English Diction</p> <p>FIKA</p> <p>Communicating and connecting: Techniques into practice</p>	<p>1:00-4:00</p> <p>Techniques into practice: The creative rehearsal in motion</p> <p>FIKA</p> <p>The creative rehearsal in motion: PART TWO</p>	<p>12:00-1:30</p> <p>FINAL GROUP LUNCH PROVIDED</p>
<p>Registration</p> <p>4:30-5:00</p>	<p>4:00-5:00</p> <p>Self-study debrief/discussion</p>	<p>4:00-5:00</p> <p>Self-study debrief/discussion</p>	<p>4:30-6:00</p> <p>Group Dinner at Degrees</p>	<p>4:00-5:00</p> <p>Self-study debrief/discussion</p>	<p>1:30-2:30</p> <p>Final Self-study debrief/discussion</p>
<p>5:00-9:00</p> <p>An introduction to the <i>fikamusik</i> concept</p> <p>Improving singing and conducting through Anatomical Awareness (AA): A focus on alignment</p> <p>FIKA</p> <p>Starting the year off right: Mindful creation of the choral community</p>					