

# Flute Tapestry Fall Series Circle

**Pairing of Mental Skills & Mindfulness circle with this one is bringing everything I love and learned at Pender Island Flute Retreat 2009-2021 to you.**

*Flute Foundations and Fallacies, Form & Flow. Bowings & Flute, Vocalize & Flute, Laughter yoga & Flute, Martial Arts & Flute, Neuroscience & Flute, Mindfulness & Flute, Boundaries & Flute and more.*

Attuning to and telling the Archetypal Human Stories in Sound is at the heart of how I play, teach, coach. It is both an Intuitive and linear art. In reflection of my music & life thus far, I see clearly that from a very young age this is True. I certainly didn't have language for it until my mid 30's, and at the same time, it's clear that is what I have been doing my entire music life.

When my sound is vibrant, alive, joyful and resonant, so is my embodied mind\* - and here is the very interesting part - it goes both ways! Playing the flute when I've warmed up my embodied mind\*, releases tension, ruts, frustration and allows **#ease within the effort**. I would go so far as to say, that integrating the embodied mind into my practicing rituals allows Creativity and Joy within the effort.

What do I mean by embodied mind\*? That is a term I'm borrowing from Dr Dan Siegel and the course I took with him "Interpersonal Neurobiology". Short version - the interdependent heart, gut and brain, nervous systems, muscles, Energy & Information Flow\* are linked and influence each other. I go a little further - soul and spirit are also part of the interdependent systems with influence and impact!

For the last 20 years I have been exploring and experimenting with integrating other practices into my music/flute practice. So that I align In Tune Tone (Wibb term), On Time, In Time (Music Mentors International) with the musical story. To me this story is Art in all its forms. It expresses the paradox of telling the human stories we know about, hear about, as well as the mysterious unknown ones. It releases the rigid grasping of methodology and allows the relationship to your heart and soul a voice and choice too. In this I am inspired by Wibb.

Weekly 15 minute recordings from me and non-flute guests as well as hour, once/month cohort on zoom to unpack and integrate into our own practicing and performing. \$175



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