

SINGING OURSELVES HOME

A Community Singing Workshop with
Susan Robbins and Marytha Paffrath of Libana



THURSDAY, FEBRUARY 18th

7-9pm

Open to all adults and teens –
\$20 adult/ \$10 teens

Advance online tickets can be purchased at:
<http://libana.com/caconcerts.htm>

Monarch Community School

840 N Branciforte Ave., Santa Cruz, CA
<http://www.b40ssc.santacruz.k12.ca.us/>



Throughout time and across all cultures, communities have gathered to sing—to celebrate and give expression to the intricate cycles of their lives and the world around them. During this workshop, we will create a musical community, interweaving body and mind relaxation and breathing techniques with vocal and listening skills. As a group, we will experience the power of unison singing, the exhilaration of harmony and the profound spirit of collectively created sound and rhythm. We will learn rounds, songs and chants from around the world. We will dance, laugh, and share a sense of musical wonder—rekindling the transcendent joy inherent in making music together.

Susan Robbins, Libana's founder and Artistic Director, knew from an early age that singing was at the core of her spiritual path. Her deep compassion, love of laughter, and heartfelt belief in the healing power of music bring a clarity, insight, and brilliance to her music and teaching. **Marytha Paffrath**, Libana's principal drummer and percussionist, is an innovative teacher, singer, composer, and writer who believes deeply in bringing the simplicity of song to the complexity of the world. Together, Marytha and Susan bring lively, humor-filled, grounded guidance to workshops coast to coast.

Libana.com **myspace.com/libanamusic** **twitter.com/libanamusic**