

## **Morning Yoga: 7-7:45AM M-F Moore Stage**

### **Gentle Yoga (taught by Liz Harzoff)**

This gentle morning yoga practice will help you prepare for a day and night of classes and jams. Designed to help you stretch, relax, and center, we will warm up, move through several yoga postures, cool down, and end with savasana (a pose that allows you to integrate the benefits of your practice). Please wear clothes in which you can easily move. Bring something on which you can lay on the floor—a bath towel or yoga mat will work. A limited number of yoga mats will be available.

## **1:00pm**

### **1) Grandma's Cheats (Old Time Fiddle with Tricia Spencer)**

Tricia will teach her approach to old time fiddle built upon the shortcuts her grandma, Iona Spencer, showed her when she was young. These are things every fiddler should know but maybe haven't picked up along the way. This chord-based approach teaches seconding first and then how to find fiddle tunes in the shapes. All levels welcome.

### **2) Old-time Texas Tunes (fiddle with Howard Rains)**

Howard will teach tunes from his extensive repertoire of old-style Texas tunes. These are pre-contest old-time tunes that Howard has learned from family, friends, mentors, and rare recordings. One tune will be broken down each day as well as a tune or two presented at the end of the class to record, take home and woodshed. Bring a recording device.

### **3) Ukulele Fun for Everyone (taught by Cathy Fink and Marcy Marxer)**

This all-levels ukulele session will be led by Cathy Fink & Marcy Marxer. We will alternate between large group sessions and divide into skill based smaller groups at times. Beginners welcome. Guitar players and other instrumentalists welcome! The tenor uke is the same as your guitar capoed on the 5<sup>th</sup> fret.

Folk, old-time and swing repertoire will be sung and played, along with chord charts, lyric pages and right-hand techniques. From backing up fiddle tunes to cocktail party favorites, there's something for everyone!

Cathy Fink & Marcy Marxer co-direct the annual UKEFEST at the Music Center at Strathmore and have taught Ukulele at every major Ukulele camp. Marcy's online Ukulele instruction is everywhere! [www.truefire.com](http://www.truefire.com), [www.homespun.com](http://www.homespun.com) and <https://uppower.passion.io> As social music conductors, the duo love the ukulele for its versatility, its friend-making qualities and of course, for the joy of making music on 4 strings.

### **4) Carter Family Songs: (taught by Kellie Allen and Pete Peterson)**

This will be both a chance to sing some of your favorite Carter Family songs and a learning experience. Kellie and Pete will show what made the Carter Family sound so distinctive, and how to sound more like them. Come with the name of your favorite Carter Family song!

## **5) Playing Up the Neck (banjo taught by Brad Kolodner)**

Playing up the neck is one of the most exhilarating parts of playing the banjo. Bluegrass banjo players do it all the time, why can't clawhammer players do it?! You can! While it can seem daunting at first, playing up the neck is quite attainable for most clawhammer banjo players. Brad will deconstruct his approach for going beyond the 5th fret using a series of practical exercises to map out the fingerboard. A tune or two will be taught as a vehicle for understanding how to translate melodies up the neck.

## **6) Unlocking the Music of Flatfooting (taught by Sophie Wellington)**

Each day, we will work on understanding the role of percussive dance - specifically flatfooting - in an old-time jam, and how to build flexibility and musicality into our dancing. We will start by catching everyone up to speed with common steps and their variations, then work to understand how and when to combine those steps. While this is a dance class, I am committed to making it accessible to those anywhere on the spectrum of physical and mental abilities. Please wear comfortable breathable clothes and hard soled shoes (dress shoes, boots, even converse), preferably with a sole that can slide on the floor and that is not made of rubber. You may also want to bring a recording device and notetaking materials.

## **2:00PM**

### **1) Old-Time Bow Rocking and Fundamental Bow Rhythms for Fiddle (taught by David Bragger)**

David will teach classic fundamental bow rhythms AND then demystify "bow rocking" so you can achieve that addictive and dynamic downbeat-centric "Tommy Jarrell" sound in your fiddle playing. The same elements are also the key to old-time fiddle seconding! This workshop is old-time fiddle "gold" for fiddlers who have been trying to wrap their bows around getting that high energy danceable "sound." You will also walk away with several tunes and all of the bowing clearly explained!

### **2) A Yodel-a-Day Keeps the Blues Away (singing with Susan Platz)**

Let's learn a new yodel each day and sing our hearts out! Susan will gently guide you into this world of "low-down high-up" vocal gymnastics by learning some classic songs from the likes of Jimmie Rodgers and Riley Puckett. No yodeling experience is necessary! It's the perfect opportunity to release your inner yodeler in a fun, supportive class. Hope to see you there!

### **3) Banjo Uke: Little Instrument, Big Groove (taught by Jeff Claus)**

Despite their small size, the banjo uke and regular uke can bring powerfully rhythmic drive and compelling chordal variation to traditional Southern fiddle and stringband music. In this class (taught on banjo uke, but with regular ukers welcome), we'll work on developing skills for creating and maintaining a strong, steady groove with smooth flowing chord changes. Initially,

there will be some demonstration and exercises designed to help you achieve a solid, rhythmic foundation, then we'll spend the bulk of our time playing at a moderate tempo, with some guided instruction, in each of the four fundamental keys of A, D, G, and C. Hopefully, this will include playing every day with a fiddler to help develop the motor skills critical to great groove making. People should know how to play at least the basic chords of A, Am, D, E, Em, G, C, and F and should bring an instrument, a tuner, a video/audio recorder, and a desire to play a steady, propulsive role in the dynamic engine of Southern fiddle and Stringband music.

#### **4) Shaped Note Singing with Margaret Wright - This is a free class!**

Join us for a cappella shaped-note singing. We will be singing from The Christian Harmony, a seven-shape book traditionally used in Western North Carolina.

#### **5) Mandolin Matinees (taught by Bob Buckingham)**

So, something said the mandolin was a good idea? Do you find yourself playing brother duets, or in your church or just jamming around on fiddle tunes? Want to get better at it? During these matinees we will explore getting the most tone and volume from your mandolin along with ways to play cleaner and with more oomph and definition. We will look at what makes up some of the styles of mandolin and how to get "that" sound. If you have a musical piece that stumps you or just questions, bring them along. We will look at how to play that piece and answer those questions and also explore the potential of the mandolin.

#### **6) Autoharp (taught by Karen Mueller)**

Grab an autoharp and come learn how easy and fun it is to play backup and melody for an authentic old time Carter family sound. We'll cover the essentials of tuning, setup, rhythm strums for accompanying singing, and do some melody picking. Any type of autoharp in playable condition will work.

### **3:00PM**

#### **1) Bowing through Judy's eyes (fiddle taught by Judy Hyman)**

Fiddlers, let's drill down into a couple of tunes to get into the nitty gritty of bowing detail that are a part of Judy's playing style. The tunes we'll work on will also be a part of the Rhythm and Repertoire class, but you don't need to be in Rhythm and Repertoire to participate in this one.

#### **2) Fingerstyle Banjo (taught by Pete Peterson)**

We will start using thumb and index finger only, getting the melody with the thumb and using the index finger as a drone. TAB and source recordings from the 1920's will be used as teaching aids. Once we are playing in steady rhythm, we will branch out into some three-finger tunes, adding the middle finger.

### **3) Ballads and Rounds (singing taught by Suzannah Park)**

Suzannah says, "I was raised to always have at least two ballads in my pocket and a round or two tucked under my hat. Rounds give everyone a chance to join together in song and enjoy the overlapping harmonies and pleasure of community singing. Any day is made better by a ballad that can pull you in, teach you something, break your heart, or bring you joy. That said, each day we'll learn one round and one ballad. Come join in the musical fun."

### **4) Upright Bass (taught by Amy Buckingham)**

The upright bass is the bedrock of good old-time music. No matter whether you play another instrument or you are a beginning musician, this class will get your feet wet. We will learn some "bass-ics", such as how to play in the keys of D, G and A and how to follow guitar players' chords. A recording device may be helpful. Oh, and a bass would be helpful as well, but isn't required if you know how to share.

### **5) Intermediate Mountain Dulcimer (taught by Lloyd Wright)**

Lloyd's knowledge of other instruments including fiddle, banjo, guitar and mandolin gives him a strong perception of how to tastefully incorporate mountain dulcimer in any setting whether it be a casual jam or an on-stage performance. In this mini-class, Lloyd will cover multiple keys, tunings and styles, with and without a capo. He will focus on old-time music but may touch on other styles. This is an intermediate to advanced workshop.