

Day	Flute	Drum
Thursday		
12-12:45	Check in-Orientation	
1-2:30	Beginners Primer	Drumming Basics/Hand Techniques and review
	Beg and Intermediate Review- Techniques to improve tone an develop volume	Drumming Basics/Hand Techniques and review
3-4:45		
5-6:30	Dinner and Practice Time	
7-9:00	Fire Ceremony....Jam Session	
Friday		
8:00-9:00	Breakfast	
9-10:15	Creating Beauty-Learning how to access what we feel and how to communicate that through the flute.	Continued Hand Tech
10:30-11:45	Song development-learning to create your own song.	Centering the rhythm in the body
12-1:00	Lunch Break	
1:00-2:30	Expanded Techniques-trills, fills, vibrato and tounging techniques.	Djembe and Frame Drum Techniques
2:45-4:45	One on one mentoring with Vince	Frame Drum Techniques
5-6:30	Dinner and Practice Time	
7-9:00	Fire Ceremony....Jam Session	
Saturday		
8:00-9:00	Breakfast	
9-10:15	Playing with other instruments-Blending the flute beautifully with Voice, Guitar, Drums etc...	Adding more-Shakers, Bells etc....
10:30-11:45	Using flutes for Healing	Reviewing rhythms for performance
12:00-2:00	Lunch Break and Practice Time	
2-5:30	Group and individual coaching, review songs for evenings Performance/Jam	Group and individual coaching, review songs for evenings Performance/Jam
5:30-6:30	Dinner	
7-10:00	Flute Circle-Performances-Jam Sessions	
Sunday		
9:00-12:00	Walk beside the sea-Play with mother Ocean-Closing circle	