

Music for Healing and Transition Program, Inc.
2011 NY Enrichment Day

Saturday, November 19, 10AM to 4:30 PM.

Two Workshops:
Developing Unconditional Presence as a Therapeutic Musician
Enhancing Your Therapeutic Presence with Your Voice
presented by Melinda Gardiner, RN, CMP

Our Lady of Hope Church (formerly St. Bridget's Church)
8074 Rt. 22, Copake Falls, NY

Registration Form

Date: _____

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Phone: _____ Email: _____

Workshop Fee: \$50.00

- Check Enclosed - make checks out to MHTP
 Credit card type & number (we can accept Visa or Master Card only)

Expiration date _____

Signature _____

Space is limited to 30 participants.
Refunds are available minus a \$10 handling fee.
There will be no refunds of payments after November 1, 2011.

Contact Melinda at 518-325-5546 or harp@taconic.net for information about train pickup (Wassaic via MetroNorth from Grand Central or Amtrak to Hudson, NY)

Send to: MHTP, PO Box 127, Hillsdale, NY 12529
Or credit card payment and registration may be faxed to 518-325-3089

Music for Healing & Transition Program, Inc.
Enrichment Day

Saturday, November 19, 10AM to 4:30 PM

Two Workshops
presented by Melinda Gardiner, RN, CMP

In the Hudson Valley of NY and foothills of the Berkshires
Our Lady of Hope Church (formerly St. Bridget's Church)
8074 Rt. 22, Copake Falls, NY
6 MHTP CEUs - Workshop cost: \$50.00
Contact Melinda at harp@taconic.net for more information.

Developing Unconditional Presence as a Therapeutic Musician

In this practical workshop, we'll learn about and work with specific techniques that enhance our ability to be fully present to our patients. These will include:

1. Looking more deeply into our practice of Unitative Listening, especially in relationship to *resonance* and *entrainment*.
2. Learning the *Coherence* technique developed by the HeartMath Institute and the underlying science behind it in relationship to our music. We will work with the EMwave biofeedback tool and learn how to reach physiological coherence while playing and singing, as well as experimenting with bringing our patients into coherence.
3. Exploring the *Ah Breath* technique developed by Stephen & Ondrea Levine, which will enhance your understanding of the breath and enhance your ability to work with your patient's breath musically.

Enhancing Your Therapeutic Presence with Your Voice

Learn and experience:

1. Why the voice is a vehicle that can intensify the possibility for greater intimacy and healing as you serve patients.
2. How therapeutic singing differs from "performance" singing.
3. Opening-up possibilities for improvisation on your instrument.
4. Wordless singing: working with chant melody and intention.
5. Experiencing the therapeutic aspects of the intervals.

Directions to Our Lady of Hope Church, 8074 Rt. 22, Copake Falls, NY

- **From the East**—from Massachusetts--take Mass Pike to the first exit in NY: Rt. 22/Austerlitz/New Lebanon. Go south on Rt. 22 to the light in Hillsdale (approximately 20 miles). This is the intersection of Rt. 22 and 23. Go straight continuing down Rt. 22 for approximately 4 and ½ miles. St. Bridget's is on the left just past the second entrance to Rt. 344.
- **From Western Mass/Connecticut**—you want to get onto Rt. 23 and follow it all the way to Hillsdale. Turn left onto Rt. 22, and then follows above. There are several alternatives: from southeast Connecticut you can get onto Rt. 8 to 44 to Rt. 7 in Canaan, CT., following Rt. 7 to Rt. 23 in Great Barrington, or take Rt. 63 to Canaan.
- **From the West**—follow Rt. 23 over the Hudson River. Stay on Rt. 23 to Rt. 9H (don't take any lefts towards Hudson). Turn left onto Rt. 9H towards Claverack. At the light in Claverack (Rt. 23), turn right. Stay on Rt. 23. You will go over the Taconic Parkway. Go approximately 7 ½ miles to the light in Hillsdale and turn right onto Rt. 22 and follow above "from the east".
- **From the South**—you can come up the Taconic Parkway to the Rt. 23/Hillsdale/Claverack exit. Turn right, towards Hillsdale, and follow directions above. Or, you can come up on Rt. 22. You will finally go through Millerton, NY, the town on Rt. 22 about 10 miles south of St. Bridget's Church. When you pass the turnoff for Copake on your left, St. Bridget's will be a mile or so further on your right, just past the funeral home (Peck & Peck) on your left. From Fairfield County or Westchester County, come up 284 to Rt. 22 North/Pawling. Take Rt. 22 all the way up. Another possibility is to come north via the NY Thruway to the Catskill/Rt. 23 exit. Follow signs carefully to Rt. 23 and follow above directions "from the west."
- **From the North**—Take I90 East (towards Boston) to the Taconic Parkway. Take the Taconic to the Rt. 23/Hillsdale/Claverack exit, turning left off the exit towards Hillsdale. Follow directions above, "from the west."
- **Via Public Transportation—Train:** Amtrak, from north or south, comes to Hudson, NY, a 30 minute drive from St. Bridget's via taxi. Metro North, from NYC and points north of NYC comes up to Wassaic. We may be able to do some pick-ups at either train station.

Accommodations all within 5 miles of the workshop

Motels

- Johanna's Motel, 7519 Rt. 22, Copake, NY 518--329-3000
- Silvanus Lodge, 9350 Rt. 22, Hillsdale, NY
- Swiss Hutte, Hillsdale, NY 518-325-3000
- Holiday House Motel--518-325-

B & Bs

- Sunset / Sunrise, Copake, NY 518-329-2915 <http://www.sunsetsunrise.info>
- Bell House B&B, Hillsdale, NY 518-325-3841 - <http://www.bellhousebb.com>
- The Little House, Taghkanic, NY 518-929-0140 – www.thelittlehouse.biz

