

Duration of seminar

The seminar includes 5 weekend modules plus an orientation weekend.

Dates

23/24 January 2010	Orientation weekend
19 – 21 March 2010	Module 1
14 – 16 May 2010	Module 2
23 – 25 July 2010	Module 3
24 – 26 September 2010	Module 4
19 – 21 November 2010	Module 5

25 – 27 June 2010

Additional intensive workshop on the harp

Time schedules

Friday

- 19:00 – 21:30 Class

Saturday

- 8:00 – 8:45 Meditation and body warm-up
- 10.00 – 13:00 Class
- 15:00 – 18:00 Class
- 19:30 Evening program

Sunday

- 8:00 – 8:45 Meditation and body warm-up
- 9:30 – 13:00 Class

Seminar location and accommodations

The modules are all in the Seminar house on the wonderful Fraueninsel at Chiemsee (approximately 70 km south of Munich). If you travel by train, there is a direct connection between the main train station Munich and train station Prien. From Prien you transfer to the ship which takes you to the Fraueninsel. This can be worked out personally with me.

Seminar Fees

The fees for the 5 Modules add up to 1350- € plus the orientations weekend which costs and additional 130-€.

For registration a deposit of 380- € is required. The registration is binding.

Cancellations

Up until 6 weeks before begin of seminar:

no cancellation fee will be charged

6 weeks before begin of seminar: 25% of the full course fees.

3 weeks before begin of seminar: 50% of the full course fees.

Within one week: the full course fee

With the exception that someone is on the waiting list.

Discontinuation of the seminar: the full course fee.

Bank connections

Uschi Laar:

Germany Konto 4663 56 804

BLZ 700 100 80

International IBAN: DE 64 7001 0080

0466 3568 04

BIC: PBNKDEFF

Non-liability and legal disclaimer

All participants are required to take full responsibility for their well being (body, mind and soul) during the seminar.

It is advisable for anyone who has a psychological problem and needs to take regular medication, that they do not participate in this seminar.

If a history of psychological problems exists, these need to be listed on the résumé and to be discussed with me.

The course personnel are not responsible for personal welfare nor are they responsible for any damage (through another person or an act of nature).

Harp and Healing



Training 2010
Uschi Laar

Seminar Content

1. Working with sounds on the harp or your personal instrument
 - To feel the tones and frequencies in your chakra.
 - To learn the effect of energy released from frequencies and tones, rhythmic forms, intervals, accords, melodies and scales (i.e. Indian Ragas)
 - Interactive free playing with another person.
 - Working with the voice on the harp.
 - Perception of different sound archetypes.

2. Repertoire and improvisation on the Instrument
 - Musical arrangement for special situations and occasions.
 - Working with repertoires based on ones personal playing abilities and experiences.
 - Practicing with various playing styles.
 - Special accompanying techniques.
 - Improvisation and harmony training.
 - Foreplay practice.

3. Basic work with sounds

Sound and the four elements.

- Working with sounds in high and low frequencies.
- Exploration of the instrument, sound archetypes and the quality of energy from the instrument.
- Basic knowledge of sound trance – how to set it up.
- Consciousness awakening through the healing sounds.
- Breathing and heartbeat awareness.

4. Spiritual and physical work

- Meditation and working with your own energy.
- Rhythm and body work.
- Learning to be conscious of your chakras.
- Learning about our own intuition and to listen without making judgment.
- Forms of rituals, especially those with music.
- Releasing processes.
- Basic knowledge of the mentally ill.

Goals of the Seminar

- Experience in the healing aspect of the harp, its music and its sounds, and the holistic affect on the body, mind and soul.
- To learn to use the harp not only as an instrument but also as a way of healing.
- To bring the music and the healing aspect into your own daily lives.
- The integration of the art of healing with your career.
- To widen your musical repertoire and deepen your knowledge on the harp or on your personal instrument.
- Experiencing the sound as a consciousness awakening medium to further your development.

Seminar requirements

- Well established instrumental knowledge.
- Able to work under pressure and take responsibility for oneself.

- Open for group musical adventures and new experiences.
- Ready to further ones self-development.
- Inner awareness for ones self and for the other seminar participants.

Admission

- Initial interview takes place after June 2009 or at the very latest during the orientation Seminar in January 2010.
- Seminar applications need to be received by the 20 of October 2009. Please include your personal data, résumé and musical experience. Additional requirements are your personal goals which you wish to receive from this seminar.
- Foreplay from two different compositions.

Additional work outside of the seminar

- The task of reworking the learned subjects between each seminar module.
- Information for new repertoire on the instrument and improvisation compositions will be assigned individually at each new module.

Further information and contact:

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