**2019 Zion Native Flute School Schedule March 2-7**

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| **DAY** | **START/END** | | **PRE-SCHOOL ACTIVITIES (**optional) | | | **Location** |
| **Thursday 2/1** | **10:00 - 4:00** | | **Intro. To The GONG & Tibetan Bowls Sage Hills Studio (stairs)**  **Full Day Cost $125…includes lunch. You Can Register on the School Registration Form** | | | **Sage Hills**  **6232 W.Sage Hill Cedar City**  **1 435 867 9642** |
| **Friday 3/1** | **9:00-10 am** | | **Parus Trail Morning Walk…Park Pass needed.**  **Arrive Early and spend time in the Park** | | | **Cable Mountain**  **Lobby** |
| **Friday 3/1** | **5-7 pm** | | **Open Mike at the Brew Pub. Have dinner and Jam a little.** | | | **Cable Mountain**  **Complex** |
| **SATURDAY** | **MARCH 3/2** | | **NATIVE FLUTE SCHOOL DAILY SCHEDULE** | | | **Cable Mountain Lodge**  **147 Zion Blvd.** |
| **Optional** | **8:00–9:00 am** | | **Flute Yoga (Emphasis of Yoga Breathing Techniques) w/ Eric Kalita** | | | **Cable Mountain** |
|  | **1:00 – 3:00 pm** | | **Explore Handpan & Unique Instruments for Healing Sound** | | | **Cable Mountain** |
|  | **3:00- 4:00 pm** | | **Nose Flute Playing class in Memory of Anthony Natividad**  **with Marina Nadir (**[**marisha@sonic.net**](mailto:marisha@sonic.net)**)** | | | **Cable Mountain** |
|  | **5:00 pm -7:00** | | **Registration Begins: New Friends & Old** | | | **Cable Mountain** |
|  | **7:00 pm - 8:30** | | **2018 School Begins (It is Official)**  **Teacher/Student Introductions** | | | **Cable Mountain** |
| **SUNDAY** | **MARCH 3/3** | |  | | |  |
| **Optional** | **7:00 am–8:00** | | **Morning Sound Meditation w/ Eric Kalita & Betina Lindsey** | | | **Cable Mountain** |
|  | **9:00 am - 9:45** | | **Group Warm Ups Daily Technique w/Staff Rona YellowRobe** | | | **Cable Mountain** |
|  | **10 am –12:00** | | **Class Break Out (Posted Below)** | | |  |
| **Lunch** | **12:00- 2:00pm** | | **OPTIONS** | | |  |
|  | **12:30- 1:00** | | **Didgeridoo w/Bob Rhees** | | | **Cable Mountain** |
|  | **1:00 -2:00pm** | | **Private 30 minute lessons with teachers (see sign-up sheets)** | | |  |
|  | **1:00 – 2:00pm** | | **Discussion Group: Flute Makers. Pat Haran & Michael Graham Allen** | | | **Cable Mountain** |
| **Sun. 3/4** | **2:00 pm – 3:00** | | **Anasazi Flute & Xiao Scott August** | | | Cable Mountain |
| **Sun. 3/4** | **2:00 pm – 3:00** | | **Zen Flute Cornell Kinderknecht** | | | **Cable Mountain** |
| **Sun. 3/4** | **5:00 pm -6:00** | | **Workshop with Youth Students/ All School Students.**  **Teachers each presenting 15 minutes to group.** | | | **Community Center**  **Lion Blvd** |
| **Sun. 3/4** | **6:00 pm - 7:00** | | **Dinner with all Students (Green Salad, Fruit, Bread Sticks, Regular & Vegan Sausages, Desert)** | | | **Community Center**  **Lion Blvd** |
| **Sun. 3/4** | **7:00 pm - 8:00** | | **Music as Therapy Drumming/ movement (Students bring your drums & rattles)** | | | **Community Center** |
| **MONDAY** | **March 3/4** | |  | | |  |
|  | **7:00 am -8:00** | | **Flute Yoga w/Eric Kalita** | | | **Cable Mountain** |
|  | **9:00 am –9:45** | | **Group Warm Ups Daily technique w/staff**  **Cornell Kinderknecht/ Joe Young** | | | **Cable Mountain** |
|  | **10:00 am-12:00** | | **Class Break Out** | | |  |
| **Lunch** |  | | **Options** | | |  |
|  | **12:30 pm - 1:00** | | **Didgeridoo w/Bob Rhees** | | | **Cable Mountain** |
|  | **1:00 pm-2:00** | | **Private 30 minute lessons with teachers (see sign-up sheets)** | | |  |
|  |  | | **Discussion Group – Flute Makers** | | | **Cable Mountain** |
|  | **2:00 pm - 3:00** | | **Flute Circles w/ teachers Rona, Clint & Vera, Joe & Cornell.** | | | **Cable Mountain** |
|  | **2:00 pm – 3:00** | | **Anasazi & Xiao w/ Scott (Flute Circle too) Downstairs/Watchman** | | | **Cable Mountain** |
| **Dinner** | **4:00 pm – 6:00** | |  | | |  |
|  | **6:00 pm – 8:00** | | **TEACHER’S CONCERT**  **Show Up for Group Photo** | | | **Canyon Community Center**  **Lyon Blvd.** |
|  |  | |  | | |  |
| **TUESDAY** | **March 3/5** | |  | | |  |
|  | **7:00 am - 8:00** | | **Ti Chi James Tong** | | | **Cable Mountain** |
|  | **9:00 am – 9:45** | | **Group Warm Ups- Daily Technique w/staff Scott August** | | | **Cable Mountain** |
|  | **10:00am- 12:00** | | **Class Break Out** | | |  |
| **Lunch** | **12:00 – 7:00 pm** | | **Free Time Afternoon-Private Lessons (Arrange with Teachers and Private Record Time Dave Tate (#435- 760-9163)**  **Relax, Practice, Hike, Shop** | | |  |
|  | **7:00- 10:00 pm** | | **Open Mic Informal Evening Student Playing/Jamming/Practice**  **W/Joe Young as guide.** | | | **Cable Mountain** |
| **WEDNESDAY** | **March 3/6** | |  | | |  |
|  | **7:00 am- 8:00** | | **Flute Yoga w/Eric Kalita** | | | **Cable Mountain** |
|  | **9:00am – 9:45** | | **Group Warm Ups – Daily Technique w/staff Clint & Vera** | | | **Cable Mountain** |
|  | **10:am-12:00** | | **Class Break Out** | | |  |
| **Lunch** |  | | **Options** | | |  |
|  | **12:30pm -1:00** | | **Didgeridoo w/ Bob Rhees** | | | **Cable Mountain** |
|  | **1:00 pm- 2:00** | | **Private 30 minute Lessons with teachers (see signup sheets)** | | | **Cable Mountain** |
|  | **1:00 pm- 2:00** | | **Discussion Group - Shakuhachi w/ James Tong** | | | **Cable Mountain** |
|  | **2:00 pm- 3:00** | | **Flute Circles w/teachers, Rona, Clint &Vera, Joe & Cornell, Scott.** | | |  |
| **Dinner** | **4:00 pm- 6:00** | |  | | |  |
|  | **6:00 pm - 8:30** | | **STUDENT PERFORMANCE** | | | **Community Center** |
| **THURSDAY** | **March 3/7** | |  | | |  |
|  | **7:00am – 8:00** | | **Morning Yoga w/ Eric Kalita** | | | **Cable Mountain** |
|  | **9:00 am – 9:30** | | **Loose Ends/Resources/Questions/Discussion** | | | **Cable Mountain** |
|  | **9:30am- 11:30** | | **Class Break Out** | | |  |
|  | **12:00am- 1:00** | | **GRADUATION – School Ends – Receive Certificate of Attendance** | | | **Cable Mountain** |
| **Afternoon** | **Options** | | **Private Lessons w/ teachers or Private Recording w/Dave Tate** | | |  |
|  |  | | **LOVE YOU ALL FOR SHOWING UP!!!! PEACEFUL FLUTING** | | |  |
| **Morning Classes Teacher Level Instruction Room Locations** | | | | | | | |
| **Rona Yellow Robe**  **Novice** | | **Clint & Vera Goss** | | **Scott August** | **Cornell Kinderknecht/**  **Joe Young** | | |
| **Guest Flute Makers: Pat Haran Tel: 602-944-7717, Michael Allen Flutes, James Tong** | | | | | | | |
| **David Tate for Recording $45 hourly** [**Http://www.redearthstudios.com**](http://www.redearthstudios.com/) **#435-760-916 Call ahead to arrange** | | | | | | | |
| **Students wishing to sell a few items please contact me concerning our policy.** | | | | | | | |
| **School Director: Betina Lindsey – 435-772-0778, Cell: 435-632-4443 Threehummingbirds@yahoo.com** | | | | | | | |