

In Tune 2022 Spring/Summer Programme



This is Fredrik. He is a musician, composer, conductor, teacher and the founder of In Tune. He works closely with a number of local organisations – the International School of Awareness, Cumbria Music Service, Westmorland Youth Orchestra, Lancaster Girls' Grammar School, the U3A and the Lancaster Community Music Centre.

Fredrik has a studio at the Storey in Lancaster where he offers a range of exciting activities that promote the living of a more peaceful and joyful life.

Here is what he has on offer:

1. Music appreciation through the ages

These new gatherings at the Storey will:

- * teach you more about history and how music was formed during different periods
- * explore how to enjoy listening to music more
- * find new fun ways to discuss music.

Early Music, up to 1600 (Saturday 7/5, 10am–12pm)
Baroque Music, 1600–1750 (Saturday 11/6, 10am–12pm)
£18.50 (coffee/tea and cake included)

2. Explore sounds

Lancaster Sound Trail!

This ¾-mile walk, aimed at any age group, will take you around the city of Lancaster in search of sounds. You will be led to various locations and given tasks that help you explore ways to use your ears properly in a new, fun and profound way.

Saturdays 5/3, 7/5, 11/6, 9/7, 11am–12pm
£4.50 (workbook included)

3. Go to a concert

* **Westmorland Youth Orchestra Spring Concert**
Songs by Queen, Adele, Abba and more, with soloists from all over Cumbria.
Appleby Hall, Saturday 12/3, 7.30pm

* **Westmorland Orchestra**

One of Fredrik's many compositions during the lockdown was a 15-minute commissioned piece for orchestra, 'Equilibrium', which will be performed at: *Kendal Leisure Centre, Saturday 26/3, 7.30pm. For more info see www.wyo.org.uk*

* **Bassoon Extravaganza**

With Fredrik and Ursula Leveaux, principal bassoonist of the City of London Sinfonia.
Heron Theatre, Beetham, Milnthorpe, Sunday 1/5, 2.30pm. For bookings see: www.theherontheatre.com

* **Westmorland Youth Orchestra Summer Programme**

Featuring a series of baroque pieces as you've never heard them before. The internationally renowned soloist Ewan Miller will also perform Cimarosa's beautiful concerto for Oboe.
Kendal Parish Church, Saturday 25/6, 7.30pm. For more information see: www.wyo.org.uk

4. Go creative

Create a musical performance using recycled materials

In the summer Fredrik will offer a series of outdoor workshops in Lancaster for teenagers, culminating in a performance on Saturday 27/8. To find out more visit www.escape2make.org nearer the time.

5. Explore yourself

Consultations with sound

In this one-to-one 'Sound Consultation', you will be asked to pick an instrument which relates to an area of your life that needs to be looked at. It could be your physical body, your energy levels or even something relating to your reason for being on Earth. Through the beauty of the sounds and Fredrik's guidance, a door will be unlocked. Whether you then decide to open it and walk through is up to you...

Mondays 7/3, 4/4, 2/5, 6/6, 4/7
40 mins, £32

Sound Awareness! Part 1 – How to Heal the Physical Body with Sounds

This is the first day of an eight-day Sound Awareness Course. Day 1 deals with the physical body and how we can use sound and music to heal illness and imbalance.

Sunday 3/7, 10am–4pm
£65 (lunch and refreshments included)

"You don't have to have any musical background to benefit from the Sound Awareness Workshops. Fredrik Holm is a gifted guide, and this course is invaluable and unique. You won't want it to end. Without question, you will learn more about yourself and your own potential than you ever thought possible." Nicola

6. One-to-one music tuition at the Storey

Fredrik teaches around 35 music students every week (piano, singing, recorder, bassoon, theory, composition and conducting). Fredrik even teaches private Music GCSE classes.

£16.50 per half hour



The Storey, drawn by Fredrik's daughter, Elsa

7. Join a choir

If you are 55+, why not join the U3A singers (U3A = University of the Third Age) at the Friends Meeting House in Lancaster?

Tuesdays 1/3, 15/3, 29/3, 5/4, 3/5, 17/5, 7/6, 21/6, 5/7, 10.30am-12pm

8. Play in an orchestra

Fredrik is the Musical Director of the Westmorland Youth Orchestra. There will be an open day on Sunday 3rd October, organised in partnership with the Cumbria Music Service, at the Castle Street Community Centre in Kendal. Open to any students aged 11-18 who already play an instrument to any standard.

For more information see: www.wyo.org.uk

9. Play in a recorder ensemble

Fredrik is running a series of recorder ensemble sessions for fairly advanced recorder players through the Lancaster Community Music Centre (based at Lancaster Royal Grammar School).

Saturdays 5/3, 7/5, 11/6, 9/7

For more information see: www.lcmt.org.uk



Booking essential!

Contact Fredrik: 07780 623855
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www.2b-intune.com



This is Pauline. She is the founder of the International School of Awareness and is renowned for being a remarkable teacher, helping people to remove fear and gain a better quality of life. Pauline is also one of the top names in the international crochet world and is the author of *The Art of Tunisian Crochet* published in September, which includes photos by Fredrik.

Pauline will visit the Storey for Consultations and Clearing of Inherited Memories (CIAE).

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Consultations

The 30-minute consultation will deal with the priority challenge facing you plus any area Pauline senses is concerning you. Besides being able to access the seventh sense to help with the bigger picture of your life, Pauline is a very practical person and will endeavour to give you the necessary information for you to be able to leave the session enabling you to continue as you feel is right for you.

Clearing Inherited Adverse Energies (CIAE)

A face-to-face session that is needed only once for each parent.

There has been a lot of information about DNA, both scientifically and with a variety of alternative therapists offering ways to balance DNA. 'DNA' balancing has become a fashionable process to explore, as it recognises that the cells of the body hold the memories of both parents. Pauline Turner realises that once awareness of where the main inherited adverse characteristic began and why, it is much easier to break the hold of the inherited trait. Clearing the memories from the birth parents genes has an instantaneous effect. Pauline then gives advice on how to use the positive inherited gifts and avoid falling back into old behaviour patterns. *Consultations and DNA balancing with Pauline Turner will take place on the following days:*

23/2 (Wed), 27/3 (Sun), 27/4 (Wed), 25/5 (Wed), 19/6 (Sun)

Consultations (½ hour): £40

CIAE (1 hour): £95

For more info on Pauline see:

www.awareness-in-one.com

