

Sounds Of Singchronicity - Nov 08 - Jan 09

Singing Helps Spirits Soar!

Science verifies what we already know! It's now official! 'Singing Helps Spirits Soar!' An international study of more than 1000 singers in Australia, Germany and the United Kingdom has revealed that the majority of people who sing in choirs enjoy above average levels of psychological health and well-being. Professor Don Stewart, head of Griffith University's School of Public Health, said "Some of the benefits of choral singing were likely to be related to the social support and mental stimulation offered by a regular commitment to rehearsals and performances. He said singing also involves deep, controlled breathing and focused concentration which counteracts anxiety and blocks preoccupation with sources of worry."

QPAC Choir Family Concert

As you may be aware, I have joined this choir & invite you to come and celebrate Christmas with a special family concert featuring guest star **Rachel Beck**, the **Queensland Pops Orchestra** and the massed voices of the new QPAC Choir - formed especially for this series of concerts. **Christmas in Concert** features a joyful program of carols, songs and yuletide music. Conducted by **Barrie Gott** and featuring over 100 musicians and singers on stage, come ready to sing along to your favourite carols and experience an uplifting program of Christmas music and song. This year's Christmas concerts have been specially designed for the

Playhouse stage (due to the Concert Hall undergoing renovations).

Date: 27 to 29 Nov 2008

Tickets \$21.50 to \$28.50

Duration 2 hours and 10 minutes (subject to change without notice) Great discounts available for groups. Make an online group booking enquiry. Adult groups of 10+ from \$23.50. For more information call qtix groups on (07) 3840 7466. You can [Purchase tickets online](#) Presented by QPAC.

CD Reviews

Stay tuned for a couple of upcoming reviews on my new CD "**Sing For Joy**" in the December issues of **Living Now Magazine** www.livingnow.com.au AND **Aromatherapy Today Magazine** www.aromatherapytoday.com

Christmas Break

This newsletter covers what I know of for Nov/Dec&Jan as I will be taking a well-earned break over the holiday season. There is not a lot scheduled over the break, as most presenters & performers take time out anyway, so you shouldn't miss out.

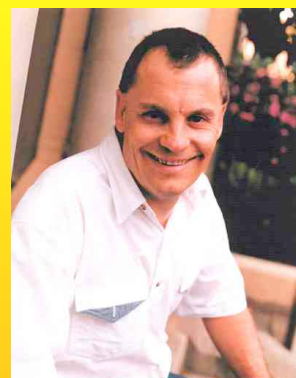
I am still very happy to receive emails about coming events...I might want to go to them too! You can keep in touch with what is happening by keeping an eye out for any new information posted to the website @

<http://singchronicity.net> Make sure you pay particular attention to the **News** page and the **Upcoming Events** list on the left hand panel of the home page. If I hear of

something so irresistible that I just **have** to let you know, I will send out a brief email to go and check the website.

The year that was & the year that will be!

This year has been a big year with the release of a new CD, the Relaxation Center relocation causing me to try some new venues & the beginnings of some exciting new collaborations. Thank you all for your support! Next year brings new ventures, with more collaborations (singing with pastel painting, Feldenkrais & Essential Oils to name but a few!) I will be trying some new venues like Ahimsa House, so stay tuned. I look forward to seeing you in the new year! Have a great one!



John Rodriguez

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Coming Events



Peru – The Singing Woman

Peru in Concert: Friday 31st October 7pm, for a 7.30pm start.

Nerang Community Hall, 34 Price St Nerang.

Tickets: \$25 non G.A.I.A. members, \$20 G.A.I.A. members

'Opening the Sacred Voice'– Women's Workshop: Saturday 1st November 10am–3pm

Harmony Body & Mind Centre, 14 Billabirra Cres., Nerang

Tickets: \$80 non G.A.I.A. members, \$70 G.A.I.A. members

Please bring a plate of lunch to share. Maximum of 30 participants for the women's workshop!

Please make your bookings for the concert and workshop by Wednesday 29th October...

Contact: Patricia Corner: 55454837, 0424713959 patricia@pomegranategrove.org

Alicia Sherwood: 0402656243 alicia@moontree.net

Tony Backhouse

Oct 31–Nov 2 Weekend Workshop Junee NSW

Contact Robyn: rjcousens@bigpond.com

or Margaret: mhill@csu.edu.au

November 7–9 Weekend Workshop Melbourne

South Yarra Community Baptist Church

12 Surrey Road, South Yarra

Contact Babette: babetteo@bigpond.com

December 5–7 Weekend Workshop Hobart, Tasmania

Contact Lorraine: marsl@iinet.net.au

Sacred Earth

7 November Sydney Concert

The Church Cafe – 37 St Johns Rd (cnr Colbourne Ave), Glebe, Sydney

For tickets and info www.chrishooper.com.au

8 November Sydney Workshop

Power Living Yoga Studio

Level 1, 135 Military Road Neutral Bay

For tickets and info www.chrishooper.com.au

6 –9 November Sydney MBS Festival

For times and program mbsfestival.com.au

15th November Warrandyte Concert (CD Launch)

Warrandyte Mechanics Institute Hall – Cnr of Yarra & Mitchell St

For tickets and info www.chrishooper.com.au

28 –30 November Melbourne MBS Festival

For times and program mbsfestival.com.au

Choral Performances with Yani

8 November 7.30 pm Sing For A Cure

The Jagera Arts Centre 121 Cordelia St South Brisbane.

(Plenty of off street parking & close to public transport)

Cost ; \$15/\$12 concession. Contact Sheryl on 0419 733 701 for bookings

20th Nov Sherwood Street Festival appearing at 8.00 pm

Sherwood Shopping Precinct, Sherwood Road, Sherwood

Roaring Fire (members of both choirs – Tongues of Fire and ROAR)

enquiries@sherwoodfestival.com phone 07 3372 6455

web www.sherwoodfestival.com

Vajra Sky over Tibet with Tibetan snacks & music by Tenzing Choegyal

Sun 09 November 6pm

The J, 60 Noosa Drive The Junction

Vajra Sky Over Tibet is a cinematic pilgrimage bearing witness to the indomitable faith of Tibet's Buddhist community and the ultimate threat to its very survival. This is one of the rare documentaries to be filmed entirely inside Tibet and has received the blessing and endorsement of The Dalai Lama. This wonderful cultural evening will not only feature the Queensland's premier screening of this beautiful movie and live entertainment by renowned Tibetan Musician Tenzin Choegyal (who just got back from his extensive overseas tour) but also traditional Tibetan food like momos, chai and cake. Furthermore Geshe Tashi Tsering, a senior teacher at Chenrezig Institute who is the patron of 'The Good Fortune Trust', is making a very rare and special appearance to give a talk on the evening.

"A well-photographed inside look at a fascinating culture and its people" –LA Times "The material is so compelling that we keep watching" – **San Francisco Chronicle**

"Astonishingly lovely... As the images unfold and the facts accrete like sand in a mandala, 'Vajra Sky Over Tibet' builds an atmosphere of serene outrage" – **The Boston Globe**

Tickets: \$25 / \$20 All proceedings from the night will go to Chenrezig Institute and 'The Good Fortune Trust', supporting Buddhist monks and nuns in India and Tibet

Tickets are available from the J

Mon – Sat 10am – 4pm, Eftpos and credit card facilities available

5455 4455 – www.thej.com.au

box office: 60 Noosa drive, Noosa Junction

Soraya & Terry Oldfield – Make The Shift

16 November

Your 7 Step Journey Into Happiness

Mandala – Eudlo – Sunshine Coast

Workshop Cost : \$250

For Information Call :07 5445 9769

[Click Here for more details](#)

A Shamanic Dream Evening with Schahila Albrecht

Friday Evening 28th November, 2008 at 6pm

HEARTspace Healing Arts Centre @ Shorncliffe Brisbane

What a great opportunity to travel into other extra-ordinary dimensions along with the steady beat of drumming as a means of transportation.

HEARTspace is honored to host Schahila Ute Albrecht, a German born visionary, artist, psychologist and psychotherapist, offering her gifts in Spiritual Massage, Shamanic Healing and Visionary Art internationally. Schahila travels the world and supports others in developing their intuitive and psychic gifts. This evening is a wonderful opportunity to connect to personal spirit helpers, to revive and strengthen the connection to power animals and spiritual guides and to honour our beloved planet earth and ourselves.

Shamanic Dream Journeys are often experienced as spiritually nourishing and life enhancing. It also allows receiving further supportive information and life juice for our current personal situation.

Donations are warmly welcomed for the evening (anything between \$20 to \$30 is highly appreciated) Bookings recommended so they can manage numbers:

Dawn Mead <dawn_mead@optusnet.com.au>

Schahila will also be available for private sessions in Spiritual Healing and Esalen Massage on Saturday 29th November in Brisbane. For further information and appointments please contact Schahila directly at Schahila U. Albrecht mail@schahila.de

Please feel free to share this info with those you feel would benefit & enjoy

www.SoulJuice.Org: Food for the Soul For more information on HEARTspace please visit:

www.SoulJuice.org/HEARTspace.html

See the full flyer and photo here <http://www.scribd.com/share/upload/3572532/29wxei4fjpn05v7qc25n>

Chris James – Coming Events Galore!

Chris has 14 events over November, December & January including workshops, singing evenings, esoteric sound groups and a new one 'Singing with grace, stillness & the heart'.

[Chris James International Schedule – 2008](#) and click on the event for further information

Chris teaches internationally about the healing power of sound, song and meditation. If you would like him to teach in your country or city, please contact the Sounds Wonderful office at admin@chrisjames.net

10th Anniversary Summersong Music Camp brought to you by Alison Pearl

Jan 16 – 23, 2009

Join Australia's premier adult holiday music camp for round-the-clock classes, jams, performing, rehearsing and celebrating, while residing beachside and lakeside. For the past 10 years Summersong Music Camp has provided a nurturing, fun, and flexible music study and holiday experience for hundreds of people from all walks of life. From high school music students to CEO's of major companies, Summersong welcomes those who want to share their music with others, experience something out of the ordinary, learn new skills and create music, and make new friends in this growing international musical family.

Registration for Summersong '09 began in late August. The Registration Form & Medical Form are on this web site. The only way to register is to fill both of these out completely, and post with payment to the The Minister of Fun.

8 days of music and fun with TB, Kristina Olsen, Richard Lawton, Karl Farren and two special new tutors: Del Rey – virtuosic multi-instrumentalist musician, composer, performer, historian, and all around fantastic character. For years Kristina has been suggesting Del come and teach, and they've finally made it happen. Del will be teaching guitar, ukes, and a songcreating class.

<http://hobemianrecords.com/delrey.html>

Rob Stevenson – a super talented piano player from Brisbane, – all you keyboardists, we will have Piano this year for the first time.

Additional New classes include Band Lab (lead by Karl Farren & Rex Carter), Vocal Duos, Trios and Quartets (lead by Richard Lawton), Jenny Parenteau will lead a daily ukulele open group by the lake, and more.

Alison Pearl PO BOX 234 Mullumbimby NSW 2482 ph. 02 66 845 570

[email apearl@mullum.com.au](mailto:apearl@mullum.com.au)

Whaledreamers Film NOW Showing

Great news!! Whaledreamers is now **opening in cinemas across Australia**, followed by cinemas across the world (starting with USA). All details of where is listed on www.whaledreamers.com

So, if you feel to go, to be moved, or to simply educate yourself on local & global issues, **NOW is the time to go**. Your attendance helps the message go out there, and helps us all "wake up" and "be the change" – hopefully a very positive change of sustainability and collaboration and care for planet earth at this crucial time. If you feel to contribute, or participate, you are most welcome to share this email with those you know, or to print and post up our poster in your area, workplace, car or on public notice boards. **We are most grateful for any help to share this film and its message**. The poster is 352 kb and available from <http://www.scribd.com/doc/7572874/Whale-Dreamers-Poster-200810-Med-352kb> (let us know if u want a higher res)

All reviews, info, trailers and more are available on the website www.whaledreamers.com You can even join the members tribe and we will keep you posted on events as they occur....

Soundtrack samples are also being loaded onto youtube you can hear & see these on

http://www.youtube.com/results?search_query=whaledreamers&search_type=&aq=f

[See my review on the news page.](#)

