

The Four Accords Retreat Schedule 2014

Sunday, July 20

3:30 – 6:00 Check in/Registration for overnight guests

6:00 dinner

7:30 Orientation: **Setting the Stage** (Music Room)

Discover the marketable benefits of inspired performance

Learn the 5 keys to freedom in your practice

Tap into your first love of music

Find your pain points and points of transcendence

Learn the laws of sympathetic resonance

Overview of the Four Accords

Monday, July 21

6:30-8 Optional Guided Yoga/Meditation

8:00 Breakfast

9:00–10:30 **The Hush**

Reduce physical and mental tension

Find your center through your breath

Discover the power of stillness in body and mind

Increase awareness, mindfulness, presence

Create your Zen note

11:00–12:30 Rehearsals, Private Sessions

12:45–1:45 Lunch, Green Hill Café

2:00–4:00 Ensemble rehearsals, private sessions

6:00 Dinner, Green Hill Café

7:30 Concert with David Eby: Expansion Hall Auditorium

Tuesday, July 22

6:30-8 Optional Guided Yoga/Meditation

8:00 Breakfast

9:00–10:30 **The Heart**

Open the heart to reveal, heal, and feel for inspiration

Deal with the inner critic and find the treasure it guards

Identify insecurities and ways to cope

Balance self-acceptance and the desire for excellence

Develop intuition for increased musicality

Find the freedom of detachment

11:00–12:30 Rehearsals, Private Sessions

12:45–1:30 Lunch, Green Hill Café

1:30 drive to coast for picnic dinner and kirtan at Cannon Beach

9:30 arrive home

Wednesday, July 23

6:30-8 Optional Guided Yoga/Meditation

8:00 Breakfast

9:00-10:30 **The Lift**

Catch the rising wave of energy—attune to inspiration

Create beneficial patterns that improve your performance

Identify habits and blockages that keep you down

Modulate the Inner Critic & turn the tables on stage fright

Judgment vs. discrimination, pride vs. gratitude

Develop your supportive environment

How to detach but still care

11:00-12:30 Rehearsals, Private Sessions

12:45-1:45 Lunch, Green Hill Café

2:00-3:00 Ensemble rehearsal, private sessions

3:00 Hiking at nearby lake or Berry-Picking at Berry Barn

6:00 Dinner, Green Hill Café

7:30 Open for rehearsals and private sessions

Thursday, July 24

6:30-8 Optional Guided Yoga/Meditation

8:00 Breakfast

9:00-10:30 **The Flow**

Perform consistently with flow and inspiration

Face the supreme inner critic & keep the ego out of the way

Increase absorption into the music

Develop pathways to peak experience

Resonate with inspiration, your ensemble and the audience

11:00-12:30 Rehearsals, Private Sessions

12:45-1:45 Lunch, Green Hill Café

2:00-4:00 Final rehearsal for concert

6:00 Dinner, Green Hill Café

7:30 Concert, Auditorium

Friday, July 25

6:30-8 Optional Guided Yoga/Meditation

8:00 Breakfast

10:00 **After the Applause**

Perform consistently with flow and inspiration

Face the supreme inner critic & keep the ego out of the way

Increase absorption into the music

Develop pathways to peak experience

Resonate with inspiration, your ensemble and the audience

11:00 Sharing and Evaluation

12:45 Lunch and Goodbyes, Green Hill Café