

*THE TRADITION CONTINUES...*

**COURTLY MUSIC UNLIMITED's**  
*22<sup>nd</sup> Annual WINTER*  
*RECORDER WORKSHOP*



**Richie and Elaine Henzler, Recorders, Capped Reeds**  
*and special guest Sifu Roland Lavigne – Qi Gong*

**When: February 16 -18** (Begins Friday evening 7pm to Sunday 3:30pm)

**Where: Queensbury Hotel, Glens Falls, NY**

*For those still in the area on Monday morning we will hold a BONUS playing session  
At our new store in Warrensburg from 11am-1pm Please join us!!!*

“Music alone with sudden charms can bind the wand’ring sense, and calm the troubled mind...”

William Congreve. 17<sup>th</sup> cen.

“After silence, that which comes nearest to expressing the inexpressible is music.”

-Aldous Huxley

“If I were not a physicist, I would probably be a musician. I often think in music. I live my day dreams in music. I see my life in terms of music.” - Albert Einstein

“The man that hath not music in himself nor is not moved by concord of sweet sounds is fit for treasons, stratagems, and spoils; the notions of his spirit are dull as night and his affections dark as Erebus: Let no such man be trusted.”

-William Shakespeare

Research says Music helps:

1. **Dementia**-reduces symptoms
2. **Asthma**-playing a wind instrument led to decrease in asthma symptoms.
3. **Pain**-listening to music led to a bigger reduction in pain
4. **Autism**-responds to music better than spoken words
5. **Parkinson's disease**-improves motor skills.
6. **Mood enhancement**
7. **Relaxtion & reduces stress**
8. **Hearing**-filtering sound

MAYO CLINIC, 2017

Come play music with others. Two of the wonders of the Recorder are its rich history and vast repertoire of music. Over the 3 days we will play music from the Renaissance, Baroque, Classical, Romantic, various 20th Century styles and fun new works of the 21<sup>st</sup> century.

We will also delve into recorder technique, common rhythmic problems, tone and breath (deep breathing, so important to wind players).

As always, there will be a Capped Reed Class

Joining us is Roland Lavigne an excellent Qi Gong teacher. He will limber up your joints after long sessions of sitting and help you to breathe deeply.

The first playing session is Friday at 7pm. The Faculty Concert is Saturday Evening at 7pm in the Warren Room and is open to the general public. On Sunday there is a Workshop Luncheon in the Saratoga Room between the morning and afternoon playing sessions

The playing level required for participants is a solid intermediate. Players must be rhythmically independent, comfortable with syncopations, flexible with articulation (including slurs) and reading accidentals. One should be comfortable with the book *Dexterity Exercises and Dances for Recorder* by G Rooda. All recorders from sopranino to contra bass will be needed. Soprano players must play tenor, alto players must play alto up 8va and bass or tenor.

**Tuition: \$365** for the 3-day, 2 night workshop

To sign-up contact Richie at 1-800-274-2443 or  
Email: [courtlym@aol.com](mailto:courtlym@aol.com) or [courtlym@gmail.com](mailto:courtlym@gmail.com)

**COURTLY MUSIC UNLIMITED, Inc.**

89 River St. Third Floor Suite 3  
Warrensburg, NY 12885

Accommodations are at the **Queensbury Hotel** 88 Ridge St. Glens Falls, NY 12801

**Our Special Workshop Rate is \$94.00 per room, buffet breakfast included.**

To reserve your room call the hotel at: 1-518-792-1121

Mention you are with **COURTLY MUSIC UNLIMITED** to receive this room rate.

For directions and information see [www.TheQueensburyHotel.com](http://www.TheQueensburyHotel.com)

**The Queensbury is a Landmark Hotel** built in the 1920's. Amenities include a swimming pool, whirlpool spa, exercise room & massage therapists, bar and restaurant. It is located in the city of Glens Falls, NY (10 minutes south of Lake George & 15 minutes north of Saratoga Springs). In the past few years Glens Falls has blossomed into a trendy city with numerous fine restaurants and boutique stores downtown. Nearby is West Mountain for downhill skiing or tubing. In local Crandall Park you can ice skate or cross-country ski in Cole's Woods. If there is no snow lovely places to walk are the historic Feeder Canal Trail and the Bike Trail. Visit the Hyde Museum with its fabulous collection of fine art, the World Awareness Childrens Museum and The Chapman Museum of Local History. Eat in the Hotel or at any of the fine restaurants located a block or two away Morgan and Co. (directly across the street) & Raul's Mexican Restaurant, Rockhill Bakery and Davidsons Brewery are some of our favorites.

There are also grocery and drug stores nearby.

**Directions: Car:** from Albany, NY take Interstate 87 North (Montreal) to exit 18 turn right

**Train:** take AMTRAK to Albany, Saratoga or Fort Edward, NY (take taxi from there)

**Bus:** take Adirondack Trailways from Albany to Glens Falls (bus station is a few blocks away)



**Enclosed is my deposit of \$185 for the 2018 Winter Workshop or charge my credit card.**

MASTERCARD, VISA, DISCOVER \_\_\_\_\_ expiration date \_\_\_\_\_ 3#s on back \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

home phone: \_\_\_\_\_ cell phone: \_\_\_\_\_

email: \_\_\_\_\_ fax: \_\_\_\_\_

Please list three pieces of music you are comfortable playing:

\_\_\_\_\_

Check recorders played (and will be bringing): \_\_\_ sopranino, \_\_\_ sop, \_\_\_ alto, \_\_\_ alto up 8va,  
\_\_\_ tenor, \_\_\_ bass, \_\_\_ great bass in C, \_\_\_ contra bass in F