



Music for Joy!

In Tune

Dates for your diary. More information regarding these events will follow...

Concerts 2021

(Buy tickets at the door!)

**May Sat 22nd 1pm Music Room,
The Storey Lancaster (£10)**

Music by and with Fredrik Holm together with the exquisite Swedish Music Ensemble "The Haga Duo" - Sareidah Hildebrand (Flute) and Joakim Lundström (Guitar).

**June Sat 19th 1pm Music Room,
The Storey, Lancaster (£10)**

Bassoon Extravaganza with Ursula Leveaux, principal bassoonist of the City of London Sinfonia and Fredrik (also on Bassoon!!!)

**July 3rd, WYO,
St Thomas' Church, Kendal (£10)**

The Westmorland Youth Orchestra, introduces no less than 7 world premieres, including Fredrik's new piece exploring what the 7 deadly sins actually would sound like.

**July Wed 21st 7pm U3A Singers
The Gallery, The Storey, (£7)**

"*Around the World in Word and Song*", A playful performance featuring the U3A Singers and members of the U3A poetry club.

Well-being 2020-2021

(Booking essential!)

Sound Trails with Fredrik, £2

A one mile guided walk around Lancaster. This fun walk takes about an hour and will explore the impact sounds have on our life.

Starts outside the main entrance by the Lancaster Castle at 10am on the Sunday dates printed at the bottom.

**Workshop with Pauline Turner
at the Storey, Lancaster**

28/03/2021

"Feeling Useless/Frustrated?"

£65

A 10am - 4pm one day workshop that allows you to acknowledge it is acceptable to be a human being with human emotions.

**Consultation and
Clearing of Inherited Memories**

at the Storey with Pauline

On the following Sundays

2020

18/10, 15/11

6/12

2021

17/01, 28/02, 18/04

09/05, 13/06

25/07