

# In Tune 2021 Autumn Programme

In Tune is now finally opening the doors to an exciting Autumn filled with soul-warming activities for all!



**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, The Cumbrian Music Service, The Westmoreland Youth Orchestra, Lancaster Girls Grammar School,

The U3A and the Lancaster Community Music Service.

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

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## Here is what he has on offer for you:

### 1. Explore sounds

#### - Lancaster Sound Trail!

This is a fun  $\frac{3}{4}$  mile walk around the city of Lancaster in search of sounds. You will be led to various locations and be given tasks that explore new ways in which we can listen to what we hear in our daily environment.

11am-12.30pm on 5/9, 10/10, 12/12 (Sundays)  
£4.50 (including a workbook with a map)

### 2. 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 further balancing. 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...

6/9, 11/10, 8/11, 13/12 (Mondays)  
40 min, £32

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

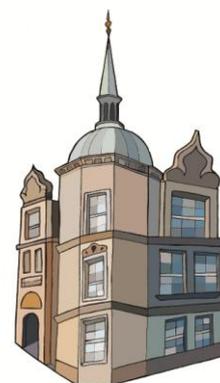
This day is the first of eight of the Sound Awareness Course. This particular day deals with the physical body and how we can use sound and music to heal illness and imbalance.

Sunday 21/11, 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 an 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

### 3. 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.

### 4. Join a choir

If you are 55+, why not join the U3A singers (U3A = University of the 3rd Age) at the Friends Meeting House in Lancaster.

Tuesdays 10.30-12.30 on: 7/9, 21/9, 5/10, 19/10, 2/11, 16/11, 30/11, 7/12

### 5. 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 Cumbrian Music Service at the Castle Street Centre in Kendal. Available to any students 11-18 who already play an instrument of any standard.

For more information see: [www.wyo.org.uk](http://www.wyo.org.uk)

### 6. Play in a Recorder Ensemble

Through the Lancaster Community Music Centre (based at Lancaster Royal Grammar School) Fredrik will run three recorder ensemble sessions for fairly advanced recorder players.

2/10, 6/11, 4/12 (Saturdays)

For more information see: [www.lcmt.org.uk](http://www.lcmt.org.uk)

## 7. Go to a concert

### \* **Cosi fan Tutte (Opera by Mozart),**

St Andrew Church 11/9 Penrith

### \* **Bassoon Extravaganza**

With Fredrik and Ursula Leveaux, principal bassoonist of the City of London Sinfonia.

Saturday 20/11, 1pm at the Storey (in the Gallery 1st Floor). Buy tickets on the door or through Fredrik, £9.50

### \* **Westmorland Youth Orchestra Autumn Concert,**

Kirkby Stephen Parish Church, 7.30 on Saturday 4/12, £10.

For more information see: [www.wyo.org.uk](http://www.wyo.org.uk)



**This is Pauline.** She is the founder of the International School of Awareness and is considered one of the top names internationally in the crochet world. She is the author of "The Art of Tunisian Crochet" released in September with pictures taken by Fredrik. Pauline is however also renowned for being a remarkable teacher, helping people to remove fear and gain a better quality of life.

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

### **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 Sundays - 11/7, 5/9, 10/10, 12/12*

**Consultations (1/2 hour £40)**

**CIAEs (1 Hour, £95)**

## **A world of colour (Workshop)**

Which colours make you happy and which make you depressed?

Why do some colours call to you one day but leave you uninspired another?

Would life without colour be a bad thing?

\* Colour gives off a vibration that has the power to heal.

\* These vibrations can be accessed as a cloak of protection for a period of time.

\* Everyone can use the vibrations of colour without physically wearing or painting it.

**Prove the truth of these statement during the workshop and take away the skill to continue using colour for your future.**

*Saturday 13/11 at the Storey, 10am-4pm, £65*



## **Bookings Essential!**

Contact Fredrik! 07780 623855  
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[www.2h-intune.com](http://www.2h-intune.com)