

In Tune Autumn Programme 2023



Welcome to a season of captivating opportunities for anyone who is into sound and music:

- Sound Awareness, a course with the aim to help you find and explore the power of sound.
- Sonic Walks, a beautiful way to enjoy and understand sounds in nature.
- Concerts in partnership with esteemed organisations such as the Lancaster Music Festival, the Westmorland Youth Orchestra, the Harris Music, and the Lake District Summer Music Festival.
- Sing-alongs. An opportunity to just be yourself and sing your favourite songs in a non-pretentious environment.

In Tune is run by Fredrik, who has a wide range of musical services on offer. According to people who know him he is inspirational, fun, innovative, and a great musician and teacher.

For bookings or any other queries, contact Fredrik on 07780 623855

Fredrik.intune@gmail.com
www.2b-intune.com

Introducing Sound Awareness



Unleash your potential and embark on a transformative journey with Sound Awareness, a fun 5-day course designed to enhance your connection with sound and yourself.

Our mission is threefold:

Discover Your Unique “Voice”: Through expert guidance and tailored exercises, you will tap into the power of your “inner sound” and explore its limitless possibilities.

Develop Your Intuition: Our course provides a safe space where you can refine your intuitive abilities and enhance your decision-making process.

Acquire Sound Tools for a Richer Life: Gain invaluable "sound tools" that can be applied to various aspects of your life. From problem-solving to personal growth, these techniques will empower you to lead a more fulfilling and harmonious life.

When, Where, and Cost:

Join us for the upcoming first day of the course dealing with how sounds can be used to balance and heal the physical body. Embark on this course on either Sunday, September 24th or Sunday, December 10th, at the Storey in Lancaster (LA1 1TH) -10 am to 4:30 pm. £65. Cake, food, and drinks provided. **Booking is essential!**

"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 unique and worth every penny. 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

Sonic Walk

Thu, 3 Aug 2023, 9.30-11am

Market Square, Kirkby Lonsdale LA6 2AN



Have you ever thought about how you listen or if there are different ways to experience sound? This walk explores the art of listening and how sound affects us. You will hear a variety of sounds on the day and discover some interesting facts about the places we pass by. Come join us for a unique and engaging experience!

In conjunction with the Lake District Summer Music Festival. For info and tickets: www.ldsm.org.uk



Bassoon Extravaganza

Sun 15 Oct, 7pm

Judge's Lodging, Church St, LA1 1YS, Lancaster

Come and meet two of our country's finest bassoonists in a riveting, beautiful, educational, soul-warming and slightly bonkers concert.

As part of the Lancaster Music Festival.

www.lancastermusicfestival.com



Harris Music, Preston

Eberle String Trio with Fredrik

Wed 15 Nov, 2:00 pm

St. George's Church, Lune Street, Preston

Beautiful Chamber Music with Fredrik on bassoon: Mozart - Bassoon Quartet K285, Wilhelm Berger – String Trio and Danzi – Bassoon Quartet Op 40 no 2 or 3.

For more information see www.harrismusicpreston.uk

Sing-Along

Tue, 17 Oct and Tue 21 Nov, 10.30 to 11.45 am

The Music Room, The Storey, (1st Floor)

LA1 1TH Lancaster

£6.50 (On the door, no booking needed!)

Sing your heart out and pick your favourite tunes in this fun and unpretentious feel-good event.

Westmorland Youth Orchestra

Sat, 2 Dec, 7.30 pm

Ambleside Parish Church

Fredrik is the Musical Director of this amazing Orchestra, who this autumn will perform a jazz-themed concert with lots of surprise elements.

For more information, see www.wyo.org.uk



Calendarium

Thu 3 Aug, 9.30-11am

Sonic Walk,
Kirkby Lonsdale

Sun 24 Sep, 10am-4pm

Sound Awareness
The Storey, Lancaster

Tue 17 Oct, 10.30-11.45 am

Sing-Along
The Music Room, Storey

Sun 15 Oct, 7pm

Bassoon Extravaganza
Judges Lodging, Lancaster

Wed 15 Nov, 2pm

Lunch Concert
St. George's Church, Preston

Tue 21 Nov, 10.30-11.45am

10.30-11.45 am, Sing-Along
Music Room, Storey

Sat 2 Dec, 7.30pm

Westmorland Youth Orchestra
Ambleside Parish Church

Sun 10 Dec, 10am-4pm

Sound Awareness
The Storey, Lancaster