



INTENSIVES - HAVA NASHIRA 2024

Intensive Session #1

Embodied Practices in Prayer

Facilitated by Shira Kline

Our prayers are not written in the book, they are written in the body: personal body, collective body, and earth body. Let this deeper invitation into the liturgy guide your musical choices, transitions, and intentions along the way. Trace your fingertips through the seeded path of the past week in *Kabbalat Shabbat*, find the infinity loop in *Ma'ariv Aravim*, connect to the collective in a slowed-down *Shema*, and travel with the directional cues and the reflective clues throughout. Both practical and contemplative, this exploration will guide you to develop an embodied vocabulary, to shape a service that offers a spiritual challenge and a direct purpose toward a sacred Sabbath gathering.

Using English in Worship

Facilitated by Noah Aronson

Before his Left Side of the Page project, Noah's song *Am I Awake* renewed an international conversation about the use of English in prayer. This workshop will explore ways to effectively and sensitively invite English into our prayer spaces while maintaining the Jewishness of the experience.

Teaching and Leading Music within Worship

Facilitated by Cantor Rosalie Will

The purpose of music in worship is to enhance prayer, elevate texts, and open new doorways to sacred moments. How one selects melodies, teaches new settings, and uses repertoire within worship directly affects the way communities experience the sacred. This intensive will speak to the challenges and opportunities inherent in such an endeavor. How can one teach new repertoire within the worship itself, and in a way that enhances rather than interrupts the prayer moment? Through a demo of repertoire, creating meaningful *iyunim* to contextualize repertoire and sharing of best principles, we will explore immediately applicable techniques and tools to contextualize the

“teach”! Best for those working as *sh’lichei tzibur* who would like to enhance their worship leadership.

Accessible, Meaningful, Magical: Transformative T’fillah for Any and All Ages

Facilitated by Eliana Light

Looking to bring a “spark” to your main services? Wondering how to engage your students in prayer? Trying to make your services truly accessible? It’s not just about the music! T’fillah can be a powerful, potent tool towards spiritual flourishing, one of the best tools we’ve got. We’ll look at the science of spiritual development, its importance for our people, a unique “t’fillahsophy,” and the changes that can have a huge impact. You’ll leave with new language, questions, and tools to guide your practice, both as a leader and a pray-er yourself. (and yes, some magical melodies!) Ready for t’fillah transformation?

Songwriting: Getting Started, Getting Better, Getting Unstuck

Facilitated by Elana Arian

All experience levels are welcome! We will explore a wide range of songwriting topics together: creating thoughtful song structure, techniques for making memorable melodies, writing impactful lyrics, and how to cultivate and nurture our own unique creative voice

Camp Songleader Track Intensive

Facilitated by Eric Hunker, Spike Kraus, Deb Winter

A final session as a continuation of the two days of Camp Songleader Track learning over Shabbat before Hava Nashira began, the Camp Songleaders will bring the learning together, finalize preparations for the summer, reflect on ways to continue to support one another and connect in a meaningful *siyyum*. *Required for those from the Camp Songleader funded track (or connect with a facilitator to talk about other Intensives you might need for your year-round work).*

Intensive Sessions #2

Practical Music Theory for Songleaders

Facilitated by Debra Winter

Music is certainly a powerful form of art, but in many ways, it is also a science. By demystifying some of the basics for *how* music works, we come closer to understanding *why* music works—deepening our musical and spiritual practices as we do so. Join us as we explore the essential building blocks of chord structures, keys, scales, and harmony, focusing on real-world applications that directly apply to your role as a musical leader in Jewish worship and songleader settings. This intensive is designed to be accessible and practical and assumes the guitar as a primary instrument.

Songwriting Techniques: from ABC to GPT

Facilitated by Eric Hunker

If you've been lucky enough to have written a song from a place of real inspiration - you know how special and rare it can be. For some, the entirety of the words and melodies might tumble out in minutes. It's a powerful experience. For most, though, the periods in between inspiration are unpredictable and often lengthy. How, then, do we engage in the act of songwriting when we're not feeling it? In this intensive, we'll be exploring tools to create a songwriting *practice*. From creating sacred spaces of creation to using AI as a songwriting partner, we'll dive into multiple actionable techniques you can try your hand at during your time at Hava. All participants will have the opportunity to leave with a new song under construction!

Accessible Vocal Harmony 101

Facilitated by Mayta Cohen

Does your cup fill up from prayer at Hava Nashira, when you hear 100 voices singing in harmony at services? Do you think to yourself, "This is incredible and so natural to this community - if only this could be the case back home?" What if it could be? Come explore five accessible ways of using vocal harmony as a means of connection, self-expression, and creativity in Jewish spaces. Holding each other in thoughtful reflection and discussion, we will push ourselves beyond our comfort zones while exploring our voices and abilities in new harmonic contexts.

Move Your Prayers

Facilitated by Noah Aronson

This workshop will feature breathing and movement practices that can enhance the spiritual experiences we offer communities. First, we will spend time noticing sensations within our own bodies, identifying areas of blocked or stuck energy. We will explore ways to open pathways, allowing those energies to flow through us more efficiently so we can bring more of our presence to those we lead. Then, we will explore techniques for how to offer this to our communities and help us tap into collective movements that can greatly enhance the intensity and authenticity of the communal prayer experience.

Finding Your Authentic Prayer Leader Voice

Facilitated by Chava Mirel

How can Jewish liturgy help us build a bridge between our ancient traditions and our modern lives? The class will explore different approaches to praying and prayer leading that make space for our own authentic expression and the experiences of our community members. We will use the liturgy as a framework for embodied practices, meditations and intention setting. We will also explore the use of musical settings and dynamics that help deepen connection and prayer

Building an After-School Music Program

Facilitated by Shira Kline

In order to reach our children in their diverse learning modes as well as ever-evolving environmental contexts, we must build a music program to meet them where they are. This intensive will explore the developmental psycho, social, spiritual and faith characteristics of each religious school age group. It will guide us to choose music that grows conscious, positive Jewish identity from the essential ingredients of our Judeo tool box. A combo of practical theory and repertoire, participants are invited to bring their musical curriculums to share best practices.