

11-8-80

Dear Alan,

New Music Workshop: Pauline Oliveros
will ~~explore~~ explore the question: "How many
ways do you have of listening?"

The exploration will include

- 1) Relaxation - exercise on the floor designed to promote appropriate muscle tones & respiration for relaxed awareness
- 2) Open focus - journey through the body in terms of space, volume, distance and surface
- 3) Sonic Meditation ^{by mentally answering questions.}
 - a) Listen through openness
 - b) Listen through focus
 - c) Listening through performing
- 4) Discussion

Bring tape of some new music to listen to.

New Music Workshop - Wed. Jan. 7, 1980

What is new? What is new to you / new to the field /
attitudes toward sound new to the moment.

Inclusion of all sounds

Inclusion of silence

Contextual awareness

attitudes toward performance

the Composer/Performer

the Performer/Composer

The Listener/Composer

Group Improvisation through Meditation

- Changing the goal to the moment -

Relaxation

Open Focus

Attentional exercises

Sonic Meditations

Discussion

Listening through openness

Listening through focus

How many ways do you
have of listening?

- Issues in New Music

Lecture-demo showing my various relationships
to dance through collaboration and my
own choreography through meditation.

[1981?]

Anna Halpin

Elizabeth Harris

Al Huang

Merco Cunningham

Barri Rolfe

Welland Lathrop

Margie Jenkins

Crow Two

Rose Moon

Traveling Companions