

Sing Anyway!

In this introductory musical improvisational workshop, Velvet will patiently guide you past anxiety and uncertainty, so you can give voice to your Shower Swagger. Part of the *Unleash your Shower Swagger!* series

Agenda*

Introductions & Consent Informed Space

1. Listening & Trusting
2. Group Warm Ups
3. Tempo, Timing, Silence
4. Chorus: Group Agreement
5. Reset
6. Verse: A Point of View

Jam

* Bio break as you deem fit

Your Facilitator

Velvet Wells (they/them) is a musical, narrative, and game-focused improviser, playwright and devised theatre creator, in addition to producer and facilitator.

In 2022, All Request Radio was part of Luminato's Late Night Cabaret and Fresh Meat Festival. It will be part of the 2023 Ottawa Fringe Festival. They love making up songs and they encourage you to try it too

