

Workshop Summary

<b>Friday</b> 19:30 – 21:00	<b>Torbjörn</b> <b>The Right Hand Part 1</b> Good bowing technique is critical	<b>Josefina</b> <b>Female Spelmän P1</b> Tunes by famous Swedish female players. Part 1	<b>Vicki</b> <b>Slow Group Part 1 (Bar)</b> Getting to grips with the instrument part 1
<b>Saturday</b> 10:00 – 11:00	<b>The Right Hand Part 2</b> Good Bow technique (Good bow technique is so critical we're getting Torbjörn to do two sessions on this!)	<b>Female Spelmän P2</b> Tunes by famous Swedish female players. Part 2	<b>Slow Group Part 2 (Bar)</b> Getting to grips with the instrument part 2
11:30 – 12:45	<b>Slow Group Part 3 (Bar)</b> Torbjörn's time with the less confident, part 1	<b>Playing Technique</b> Becoming one with your instrument so you can play with your whole body	<b>Moraharpa!</b> Suitable for any 'harpa. Vicki will lead and teach (Swedish) Moraharpa tunes.
14:15 – 15:45	<b>Slow Group Part 4 (Bar)</b> Torbjörn's time with the less confident, part 2	<b>Polska Bowing</b> Exploring the many different polska styles and their bowing. Exercises galore.	<b>The Medieval Keyed Fiddle</b> Suitable for any 'harpa. Vicki will lead and teach medieval tunes using the 1408 Siennaharpa.
<b>Sunday</b> 10:00 – 11:00	<b>Bondpolska – back the beginning</b> How to play the Bondpolska from Uppland. Where it all began.	<b>Slow Group Part 5 (Bar)</b> Josefina's time with the less confident, part 1	<b>Kontra-Drone</b> Suitable for any 'harpa. Vicki will lead and teach tunes on the kontrabasharpa.
11:45 – 12:45	<b>Left hand technique</b> How to approach the instrument	<b>Slow Group Part 6 (Bar)</b> Josefina's time with the less confident, part 2	<b>Contra-swing</b> Suitable for any 'harpa. Vicki will look into backbeat swing in the American contra dance style.
14:00 - 15:00	<b>Relax! Why this is important!</b> And about how you can play for longer without getting tired!	<b>Tuning</b> The magical art of tuning and intonation.	<b>Slow Group Part 7 (Bar)</b> A final coming together