

# Good Life Yoga School

Marcus Veda & Hannah Whittingham

## 4Beat x Ableton Live: MUSIC & YOGA

30 Hour Advanced Teacher Training Online

### Dates & Location

#### On Zoom

Friday 12<sup>th</sup> (evening), Saturday 13<sup>th</sup> (day), Sunday 14<sup>th</sup> (day) January, 2024

Friday 19<sup>th</sup> (evening), Saturday 20<sup>th</sup> (day), Sunday 21<sup>st</sup> (day) January, 2024

\*This training is also available On Demand (for £199)\*

### Schedule

#### Friday

6-7pm Introductory lecture on the psychology of music

7.30-8.30pm Ableton Training Session 1: Introduction

#### Saturday

10-11am 4Beat Yoga Practice\*

11.30-1pm Ableton Training Session 2\*

2-3pm Lecture 2 on BPM, tempo, time and double time

3.30-5pm Breakout rooms for supervised Ableton practice

#### Sunday

10-11am 4Beat Yoga Practice\*

11.30-1pm Ableton Training Session 3\*

2-3pm Lecture 3 on phrasing, finding the 1, pitch

3.30-5pm Breakout rooms for supervised Ableton practice

#### Friday

7-8pm 4Beat Yoga Practice\*

#### Saturday

10-11.30am Ableton Training Session 4

12-1.30pm Breakout rooms for supervised Ableton practice

2.30-4.30pm Lecture 4 on EQ8 and EQ3 in context, and practice time

## **Sunday**

11-12pm Q&A with Flaminia

1-2.30pm Ableton Training Session 5

3-4.30pm Review of final assessment

\*Please note these sessions/practices will be pre-recorded for you to watch. All the rest of the Ableton sessions, supervised practice time, and all music lectures are live.

## **Faculty**

Marcus Veda & Hannah Whittingham

Ableton Live: Flaminia Agrimi

## **What You Will Need**

- A laptop
- A good pair of headphones / speakers
- You will be given a free 90 day trial of Ableton Suite

## **Course Outline & Content**

Each morning will begin with a led Rocket practice with Marcus and Hannah, followed by lecture and discussion on the psychology of music and how this should be considered when choosing how you use it. We will consider:

- What are you trying to achieve with your music?
- How does music affect the way you move your body?
- How does it affect flow state?
- How does it affect emotional states?
- Matching music to the energetic shape of a sequence
- Breathing and BPM
- Importance of beat
- Importance of tempo
- Teaching to the beat

Each afternoon will be practical tutorials with Ableton specialist, Flaminia Agrimi, on how to operate DJ software – all students will be given a free 90 day trial of Ableton.

## **Ableton Live Training**

What you will learn:

- Selecting and sourcing music for a Yoga flows
- Creating unique and smooth mixes for classes
- Basics of Ableton Live (trial version 90 days included)

Ableton lesson plan summary:

- Lesson 1 - Intro to DJing
- Lesson 2 - Intro to Ableton 2
- Lesson 3 - Syncing and Mixing
- Lesson 4 - Smooth transitions
- Lesson 5 - Creating a set
- Lesson 6 - Wrap up / Review of Assignment

## **Cost**

£330 early bird (until 30<sup>th</sup> November) // £380 thereafter

Afternoons only (just Ableton production sessions): £300

[On Demand option: £199](#)

Hybrid option\*: £250

\*for those who can make some, but not all, of the course live. Ask for more details!

For those who have taken the course with us once before, there is also an option to take just the final 2 days, working on more advanced skills for £100.

## **The Small Print**

Half of the tuition fee is due on booking as a deposit, the other half can be paid any time up to 6 weeks before the course start date. Deposits are non-refundable, but if cancelled in advance of a month before the start date, they can be transferred to another training (for full details see terms and

conditions).

Sessions will be recorded so you can catch up if needed.

If you would like to discuss a payment plan, do let us know.