

ResonateYou



Voice:
To create a safe space where people can come to learn about their voice in order to achieve their unique goals.

Sound:
To create a safe space for relaxation and healing through the modality of sound therapy using Himalayan Singing Bowls and the power of voice.

Welcome to a New Year and a New Decade: 2020!

Who's here now?
Over 25 students and growing!
Some singers are just starting out, and others are coming back after many years.
You are welcome here!



THANK YOU for being a part of ResonateYou! 2019 gave shape to a new studio! Enjoy these pictures of current students, the recital from November, and visiting past students and guests!
Thank you for a great start!



Jen Lobo with Irina Shmeleva, accompanist extraordinaire.



November recital singers: (left to right) Sarah Ziegler, Jasmine Ross, Sara Lamichane, Tija Hilton-Phillips.



Samantha Barto at her Tuesday night voice lesson.



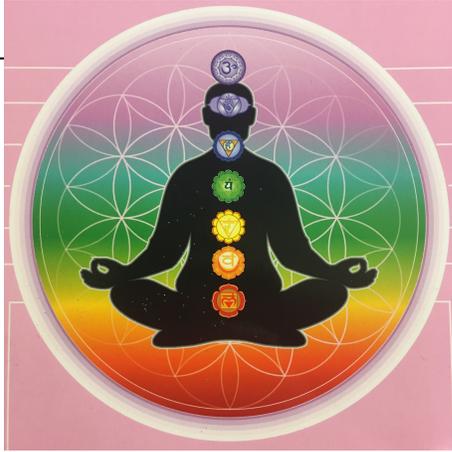
Past students Tahri Phillips and Alina Stephenson come to visit!



November recital singers: (left to right) Anya Brubaker, Samantha Barto, Nelly Keisi, Janelle Snader, Michelle Snader



Anya bring her stuffys along to sing with her!



Sunday, Feb. 9:

"OHM! Intoning on the Chakras"

2:30-4:00pm, \$30

Workshop at West End Yoga

Led by Jen Lobo and Hawa Lassanah

Have you ever wanted to feel more confident about your "ohm"? Do you want to experience releasing the fullness of your voice?

The "ohm" is healing when we are able to fully express the sound out of our bodies without tension. In this workshop, we will be learning methods of focused engagement and intentional release through intoning on the seven chakra system. Learn the seed mantras, pranayama, and movements in a supportive environment.

Voice specialist, Jennifer Lobo, brings over 18 years of experience helping people express their voice more fully. Breathwork and yoga teacher, Hawa Lassanah, E-RYT200, will help to clarify this work through the yoga medium.

After the workshop, you will be equipped to intone on the chakras of the body for your own practice. You will feel much more comfortable "ohming" in your favorite yoga class or simply letting your voice be heard!

West End Yoga: 221 W. Walnut St., Lancaster, 17603

Sign-up at:

www.westendyogastudio.com/special-events

Upcoming Events: Mark your calendars!

February:

Sunday, Feb. 9: "OHM! Intoning on the Chakras"
2:30-4:00pm, Workshop at West End Yoga
Led by Jen Lobo and Hawa Lassanah

Sunday, Feb. 9: Second Sound Meditation
at Liberty Place, 313 W. Liberty St, Suite 267
Special Guest, Didgeridoo Player: William Pagen

Feb. 13-17th: Studio Closed (Vacation!)
Please be in touch with Jen Lobo regarding your
voice lesson reschedule.

March:

March brings lots of local middle school and high school theatre performances. ***If you are involved in any, please let me know so I can announce in upcoming newsletters and online!***

Women's Singing Circle: #2 Begins
Wed., March 11 (10am)
Thurs. March 12th (7:45pm)
See details on next page

Fri., March 27th, & Sat., March 28th
Festival of Voices, 7:30pm
Jennifer Lobo will be the host/emcee of the event!
Produced by Music for Everyone (MFE)
Trinity Lutheran Church (31 S. Duke St., Lancaster)

April:

April 3-4, The Wizard of Oz! At Linden Hall, Lititz, PA
Singing Circle #3 begins! (see details on next page)
Wed. April 15/Thurs., April 16/Sat., April 16

May:

Sat., May 16th: Performance at Dutchland Rollers,
Roller Derby!

**Spring Studio Vocal Recital will occur on either:
Fri., May 29 or Sat., May 30, TBD! Save the date!**

The Women's Singing Circle (WSC) Began!

On Thurs., Jan.16th, seven adult women of all ages initiated the WSC. What happened?

"Joy, singing, freedom, dancing, exploring, laughter, harmonies, more singing, reflection, and community."

Women are needing a place to come together in community with each other to sing, play, and reflect, and the Women's Singing Circle began with this in mind.

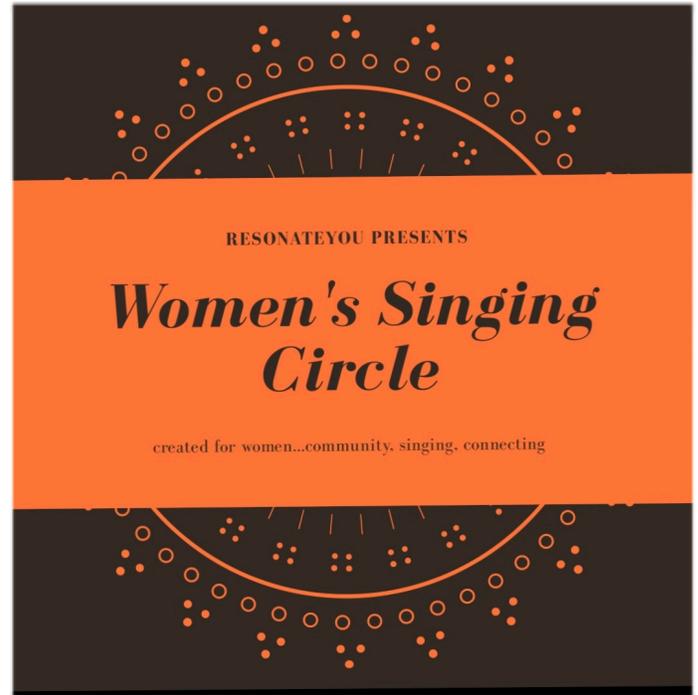
The Women's Singing Circle Singing, chanting, sitting, drumming, moving, shaking, releasing, connecting, communing, finding, expressing...resonating with each other!

Jennifer leads the group in singing original songs as well as familiar music for camaraderie and connection. Jennifer often leads the group by rote (no sheet music), in a call & response type setting. If words are needed, lyrics are provided.

Familiar music may come in the form of common cultural pop music, folk tunes from the U.S. and other countries, or even lullabies - anything that can help bring us together in singing the spirit that moves inside of us.

The singing is group oriented, and those who do not feel as confident in their singing voice will learn how to become more comfortable singing through this group. This is not a competition; it's a time for singing for spiritual and personal growth.

If you're shy about your singing voice, you will feel welcomed and supported here. If you're really loud and comfortable in your singing voice, you are welcome here.



Want to join?

**Next Circles begin in March, (#2)
and another round in April (#3)!**

March Circle #2:

Wed. at 10am

(dates: 3/11, 3/18, 3/25, 4/1)

Thurs. at 7:45pm

(dates: 3/12, 3/19, 3/26, 4/2)

April Circle #3:

Wed. at 10am

(dates: 4/15, 4/22, 4/29, 5/6)

Thurs. at 7:45pm

(dates: 4/16, 4/23, 4/30, 5/7)

Sat. at 9:30am

(dates: 4/18, 4/25, 5/2, 5/9)

**\$60 for four weekly hour classes.
Sign-up at the studio or online!**

When was the last time...you took the time...to RELAX? Vibrational Sound Therapy helps you there. Sign-up online.

Some recent comments after a 50 minute sound session with Himalayan Singing Bowls:

"I haven't felt that deep level of relaxation in some time...maybe ever."

"I loved your voice during the session!"

"It felt like a deeply spiritual experience."

"That was wonderful!"

SPOTLIGHT ON: Anna Quiros

Anna is currently a senior at Linden Hall, School for Girls in Lititz, PA. **Congratulations to Anna on being accepted EARLY DECISION into Tuft's School of Engineering Program in Medford, MA.**

Anna loves to sing, and make music...on the piano, flute, bass guitar, harmonize, and someday is most likely to make music in sound engineering!

Anna has been a student of Jennifer Lobo's since she was in 8th grade participating in choirs as a curious, alto singer. A couple of years ago, she began voice lessons and her voice really started to gain strength, flexibility in style, and emoting during performances. Anna not only participates in choirs, but also helps to lead a student-led A cappella group, "Noteworthy" at Linden Hall and even arranges the music for the voice parts on popular songs.

Tell us one fun fact!

"In 5th grade, there was a competition to memorize as many digits as possible from pi. 3.14....etc. I memorized about 40, and in the competition, I was beat out by another who had memorized 50 digits of pie. Since then, I've memorized 90 and counting." WOW! How do you do it?

"I memorize it by rhythm and music!" Go, Anna!

