



January 30, 2021 - WINTER NEWSLETTER

As we say goodbye to January (already!), and we walk into February, I wanted to reach out and touch base.

The cold weather is still keeping us huddled indoors (maybe snow coming?), and I am thankful to see you each week or every other week on zoom, continually connecting, making music, learning, and growing.

Our constant communication and growth has been a meaningful lifeline in the last 11 months of the pandemic, and I hope that you also feel the joy of our connection and music as we work.

Some people are surprised when I tell them that online voice lessons really do work! But I don't want them to just take my word for it. I'd love to hear from YOU.

What has your experience been of online lessons?

What has this time meant for you?

What has surprised you? What are the challenges?

And what are you thankful for having this time to continue to work on music and your vocal journey?

If you can, drop a quick email back to me and share your thoughts, so that I may also share with others.

My sincere gratitude moment came on Mon., Jan. 11th. I recorded the moment and shared it on Facebook. I know not everyone is on Facebook or follows the ResonateYou page, so I wanted to share it with you [here](#).

(Be sure to follow on FB @ResonateYou or Instagram @resonateyou2019, if you use those sites!)

Remembering our December 18th Voice Recital:

We had an amazing December recital with solos and our Heart & Music Virtual Ensemble. 16 singers of all ages took part in the online recital, and 14 singers sang in the Virtual Ensemble. [Take a look](#) again to recall the warm memory.

A big thank you again to Paige Wagner for her editing skills. We look forward to doing another virtual song later this spring.

Even if we CAN sing together in person again, the virtual ensembles work well for groups of singers who are in different locations or whose schedules may not line-up for practicing! It was worth while to work on the intense harmonies of such a challenging song. I can't stop sharing this video. I am so proud of you all!

The Next Challenge: FUN FEBRUARY!

In February, I am putting forth the challenge for each singer to begin to use the "Practice Log" in the MyMusicStaff online portal. You'll log your "practice time" and see how much you're singing!

Take a look at my video [here](#) to tell you all about Fun February!

How much should I practice? I hear that question a lot lately! Obviously, practicing helps our voices improve.

So, head to the "Online Resources" of the MyMusicPortal.

There, you'll get to download all of the info. including recommendations based on your level (beginner/intermediate/advanced) and to learn all about HOW to participate in the FUN February Practice Challenge.

We'll have 3 age-group categories for participating and a winner will be announced in early March from each group!

1. Ages 6-11
2. Ages 12-17
3. Adults 18+

Click [here](#) for practice recommendations and details on participating.

Click [here](#) for how to use the practice timer on MyMusicStaff.

Wednesday Night Sound Meditations:

For those who are interested in finding some connection or healing through sound by listening, (versus singing!), please check out the online sound meditations that I offer every other Wednesday night:

Feb. 10 & 24th
March 10 & 24th
Spring dates TBD

A Sound Meditation is your mid-week break to turn off all other distractions, lay down, get comfy, and receive the sounds that help to calm your nervous system. Find out more details [here](#).

As we look to the Spring:

In regards to singing in person and COVID, we are all looking closely at the research, the hope of the vaccines, and the reports of new strains that are coming up.

As a member of the National Association of Teachers of Singing (NATS), I regularly follow the research and advice coming from their ongoing journals and reports. I also regularly talk with colleagues from the LoVetri Somatic Voicework group where I received my voice pedagogy training.

I will continue to post online what I read from the ongoing research, and make my decisions based on my comfort level of safety and what I know at the time.

My hope is that in the Spring and Summer, that I will be able to hold some outdoor, socially-distanced voice lessons again, depending on weather and schedules. I will continue to utilize zoom as a default for lessons as well. I am also looking into long-term solutions as they become available...stay tuned!

Spring Recital Dates...TBD. I will let you know when I know!

For now, I wish you continued warmth, health, and self-care.

We are not alone.

We are connected, more than we know.

Just hum a little tune, and when someone else knows it, they'll hear it too, and you'll share a smile.

Sincerely,

Jen

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