



MUSIC CAN HEAL THE HEART
SINGING WORKSHOP

SUNDAY, JUNE 26
1-3 pm in Petaluma

Hosted by the California Redwood Chorale.

Taught by

GAGE PURDY

CRYSTAL MCDOUGALL-PURDY

You're invited to join us for the second workshop of our Music Can Heal the Heart series, "BODY-MAPPING & BREATH WORK: in technique and application," hosted by the CRC and lead by Crystal & Gage Purdy. □ Singing is natural - a relaxation to a more connected, more primitive Us. It is important to allow our bodies to naturally perform

their work. Proper body-mapping and breathing technique will allow for better speech, better singing, and better health in many aspects of life. In this workshop we will work with you to help support your vocal production, explore your own personal instrument and access it to the best of your abilities!



Cost \$30. To reserve your space, get location information and how to pay, email gerryschultz3@gmail.com

GAGE PURDY-

**California Redwood Chorale
music director Gage Purdy**

believes that music is a way by which to unite people in the human experience of being close and harmonious with one another – that music fundamentally shapes the mind and changes the heart to be more joyful, more passionate, and perhaps a little better equipped to find light in our world. Gage was born and raised in Sonoma County - he has been making music throughout the county for his entire life! Having studied music performance and education, Gage brings joy, passion, and skill to rehearsals and performances. When not working with the CRC, Gage directs the Occidental Community Choir and serves as the Music Director for UUCSR at the Glaser Center. Gage currently lives in Santa Rosa with Crystal, his darling and exceedingly talented wife, and their two wonderful sons, Bodhi and Finn.

CRYSTAL MCDOUGALL-PURDY-

Crystal McDougall- Purdy has been singing and performing locally since childhood. Having participated in a plethora of choirs since age seven, she also had the privilege of studying privately with the illustrious Thelma Dare-Ahner.

A graduate from SRJC, in Winter 2019 she had the

opportunity to fulfill a childhood dream by playing the role of Mother Abbess in SRJC's production of The Sound of Music. She is blessed enough to be able to share her enthusiasm for music with her talented husband, Gage Purdy. Together they annoy their two children merrily with an exceptionally musical household.

California Redwood Chorale | 4401 Joy Rd., Occidental, CA 95465

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