

Questionnaire for registrants of "Ukulele Zen"

During the Ukulele Zen retreat we will be exploring and practicing accessible Buddhist meditation techniques from the teachings of Thich Nhat Hanh and the Plum Village Tradition. We will also be taking care of our bodies with yoga asanas and pryanama (breath exercises). The techniques of self care & mindfulness will be applied to our music making in community.

To help us best serve you, please full out this brief questionnaire about your experience with music and the ukulele.

Please note: You will need your own ukulele for this retreat

1. How long have you played the Ukulele? Years? Months? Just starting out?

2. What other music experience and study have you had? No experience is required for this workshop, but knowing a little something about your background would help us to serve you better.

3. What ukulele/tuning system do you play? Standard GCEA? Low G Standard? Baritone? (DBGE) Canadian D tuning? (ADF#B) (Our materials are designed for Hi G and Low G standard tuning, but we will of course do everything we can to accommodate all tunings).

4. To best serve you, we'll want to know some more specifics about your ukulele skills. Which of the five categories (found on next page) best describes your current skill level? This is purely to aid the teachers in preparation so that we can best serve you - all levels are welcome and no experience is required. If there is any other information about your music experience that you would like us to know about, please feel free to include it here (attach additional if needed).

LEVEL: _____

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5. Please include your name and contact information so faculty can contact you if they have any questions (email address preferred).

NAME: _____

PHONE: _____

EMAIL: _____

LEVEL 1 brand new: This player has not played the ukulele but is excited to try. It is recommended that you find a teacher to take at least a few lessons - suggested skills to bring to the retreat: How to hold & tune your ukulele, knowledge of how to fret & strum open chords. Suggested chords to learn: C, F, G7.

LEVEL 2 beginner: This player has been playing for a short while and has learned 3-4 chords but hesitates in-between chord changes to move the fingers to the next location. Suggested chords to memorize: C, Am, F, G7 (key of C family). And G, Em, C, D7 (Key of G family).

LEVEL 3 advanced beginner: This player knows a handful of chords and can move from one chord to another without pausing. May have trouble with barre chords, and has developed a strum or two or a finger pattern for picking.

LEVEL 4 intermediate: This player can hold a steady rhythm, and is competent with a variety of basic chords (for example: A, Am, B7, C, C7, D, Dm, E7, Em, G, and G7). Understands simple chord progressions (such as I, IV, V chords), can sing and strum at the same time, and learns chords to simple tunes fairly quickly.

LEVEL 5 intermediate/advanced: This player can hear I, IV, and V chords, has mastered some chord inversions, knows there is life above the fifth fret, and has visited there with movable chords. Plays some lead lines and can backup others easily with a steady rhythm.

Please return your completed form as soon as possible by:

Mail:
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Attn: Registration Dept
150 Lake Drive
Rhinebeck, NY 12572

Or scan and email:
classapplications@eOmega.org