



INSPIRED SOUND INITIATIVE

Our Mission Statement

To teach our children and elders harmony and peace.

To use music, dance and storytelling to deliver these teachings to schools, houses of worship, and venues in under-served communities in America and around the world.

To build bridges and promote dialogue, understanding and forgiveness among opposing communities, ethnic groups and spiritual traditions.

Workshop Titles	Length of Unit/Contact Hours	Workshop Code/Sequence
MUSIC & STORY TELLING		
Sound Meditation as a Way for Healing and Peace	50-90 min	101-35
The World Through Music (series of sessions exploring various world cultures)	50-90 min	101-36
Music as a Bridge: Bringing People Together with Music	50-90 min	101-37
Spiritual Music Traditions of the Middle East and North Africa	50-90 min	101-38
Music, Women and Peace-Building	50-90 min	101-40
Bedouin Music and Israeli Folk Dance	50-90 min	101-41
Muslim, Jewish and Christian Harmony in The Golden Age of Spain	50-90 min	101-42
Peace, Love and Unity Songs from around the world	50-90 min	101-43

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DANCE		
Dance Around the World	50-90 min	
Yoga for Kids: Yogi Frogi	50-90 min	
Free Spirit, Free Dance	50-90 min	
4 Element Dance	50-90 min	
Sacred and Folkloric Dances of the Mid East and North Africa	50-90 min	

Content Area	Music, Dance, Cultural Diversity, Story telling	Appropriate for	Adult, Child
Course Name	<p style="text-align: center;">Three-fold Approach for Peace Education and Counteracting Radicalism</p>		
Skills Taught	Fundamental Skills/ Expectations		
1. Meditation/mindfulness, Music, Dance Training	1. Develop meditative, mindful slow movements that foster inner-peace and develops motor skills		
	2. Foster body awareness, listening skills, and powers of observation		
	3. Grow in flexibility, concentration, coordination and cooperation		
	4. Understand the components of the performance process		
2. Dialogue, Understanding and Empathy	1. Develop inner peace through the power of visualization, breathing techniques and meditative movement.		
	2. Raise the students' awareness of themselves as keepers of the Earth		
	3. Sense of brotherhood and sisterhood with all living beings		
	4. Understand form in music and choreography		
3. Historical and Cultural Diversity	1. Cultural and historical music and dance forms and traditions are influenced by the values of the society they represent		
	2. How to use knowledge of cultural, folkloric, sacred and historical music and dance traditions to translate into artistic performance and civil tolerance.		

WORKSHOPS: Details

Workshop Title	Sound Meditation as a Way for Healing and Peace		Length of Workshop	50-90 min
Focusing Skills	Ability to cultivate inner-peace, mental focus, mindfulness, calmness, lowering blood pressure and improving listening ability.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Cultivating Inner Peace 2. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 	
Inquiry Questions (Engaging-Debatable):	Can you control the ups and down of your mind?			
Prerequisite Skills	none			
Conceptual Thinking	Becoming part and an ambassador of a global peace movement.			

Workshop Title	The World Through Music (series)		Length of Workshop	50-90 min
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 	
Inquiry Questions (Engaging-Debatable):	Are You and the Other, US and Them are ONE ?			
Prerequisite Skills	n/a			
Conceptual Thinking	Live your life with a sense of oneness of all living being and become part and ambassador of the sustainable living style global movement.			

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Workshop Title	Music as a Bridge: Bringing People Together with Music		Length of Workshop	50-90 min
Focusing Skills	Ability to appreciate and respect other word cultures and traditions. Increasing empathy and compassion.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 	
Inquiry Questions (Engaging-Debatable):	Can music and the arts promote conflict resolution, peace and harmony?			
Prerequisite Skills	n/a			
Conceptual Thinking	Become an ambassador of peace and harmony wherever you go			

Workshop Title	Muslim, Jewish and Christian Harmony in The Golden Age of Spain.		Length of Workshop	50-90 min
Focusing Skills	Cultivation of compassion and empathy.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity and cultural history 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 	
Inquiry Questions (Engaging-Debatable):	Is the Golden Age of Spain a model for contemporary co-existence and cooperating among various religions and societies?			
Prerequisite Skills	n/a			
Conceptual Thinking	Use historical examples of harmony and cooperation to promote such relationships in contemporary civilizations across the world.			

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Workshop Title	Music, Women and Peace-Building		Length of Workshop	50-90 min.
Focusing Skills	Develop a sense of social responsibility, social activism and the inner power that can enable one to become an artist and an activist	Main Goals Addressed in this Unit	1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other.	
Inquiry Questions (Engaging-Debatable):	Can one transcend traditional norms and cultural boundaries to become a peace activist?			
Prerequisite Skills	n/a			
Conceptual Thinking	Finding the meaning of life, purpose and social role in spite of all odds.			

Workshop Title	Bedouin Music and Israeli Folk Dance		Length of Workshop	50-90 min.
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion.	Main Goals Addressed in this Unit	1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other.	
Inquiry Questions (Engaging-Debatable):	What is cultural appropriation? The role of credit in creating art based on traditional materials and the role of such new works as bridges between opposing ethnic and religious groups.			
Prerequisite Skills	n/a			
Conceptual Thinking	Become a global citizen who support social justice and peace.			

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Workshop Title	Spiritual Music Traditions of the Middle East		Length of Workshop	50-90 min.
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 	
Inquiry Questions (Engaging-Debatable):	What are the similarities and differences in the way various people of the Middle East use prayer and music to express their feelings and emotions?			
Prerequisite Skills	n/a			
Conceptual Thinking	Become a global citizen who has compassion towards and understanding of various people for the Middle East.			

Workshop Title	Peace, Love and Unity Songs from around the world		Length of Workshop	50-90 min.
Focusing Skills	Be able to communicate with people of other cultures via singing and sharing peace songs.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 4. Developing Inner-peace and a sense of well-being 	
Inquiry Questions (Engaging-Debatable):	What is the role of music and singing in promoting peace around the world?			
Prerequisite Skills	n/a			
Conceptual Thinking	Become a global ambassador of peace			

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Workshop Title	Dance Around the World		Length of Workshop
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 4. Developing Inner-peace and a sense of well-being
Inquiry Questions (Engaging-Debatable):	Dance can change the state of one's mind, and body, and can change one's relationships to others.		
Prerequisite Skills	n/a		
Conceptual Thinking	Become an ambassador of peace via dance.		

Workshop Title	Dance- Yogi Frogi		Length of Workshop
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion. Develop inner-peace and harmony	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 4. Developing Inner-peace and a sense of well-being
Inquiry Questions (Engaging-Debatable):	Do we need to cultivate inner peace in order to be an ambassador of peace?		
Prerequisite Skills	n/a		
Conceptual Thinking	Become an ambassador of peace		

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Workshop Title	Free Spirit Free Dance		Length of Workshop
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion. Develop inner peace and sense of harmony	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 4. Developing Inner-peace and a sense of well-being
Inquiry Questions (Engaging-Debatable):	How can dance alter the state of mind and body?		
Prerequisite Skills	n/a		
Conceptual Thinking	Become an ambassador for peace		

Workshop Title	4 Element Dance		Length of Workshop
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion. Embodiment of conceptual concept that lead to deep learning.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 4. Developing Inner-peace and a sense of well-being
Inquiry Questions (Engaging-Debatable):	Can unity be achieved by exploring the ancient four elements of the word: Earth, Water, Fire and Air?		
Prerequisite Skills	n/a		
111Conceptual Thinking	Become a healthy peaceful person who could become an ambassador of peace.		

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Workshop Title	Sacred and Folkloric Dances of the Mid East and North Africa		Length of Workshop	50-90 min.
Focusing Skills	Ability to appreciate and respect other world cultures and traditions. Increasing empathy and compassion.	Main Goals Addressed in this Unit	<ol style="list-style-type: none"> 1. Developing knowledge and appreciation of global cultural diversity 2. Fostering the sense of unity of all humanity and the natural world 3. Promoting a positive attitude toward Peaceful Conflict Resolution with the other. 4. Developing Inner-peace and a sense of well-being 	
Inquiry Questions (Engaging-Debatable):	Can traditional and sacred movement teach us about culture?			
Prerequisite Skills	n/a			
Conceptual Thinking	Become a compassionate being who have an embodied knowledge of world cultures.			

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OUTCOMES and EXPECTATIONS

Outcome Expectations Our students will Learn how to...	Guiding Questions	
	Factual	Conceptual
Cultivate Inner Peace	Are there daily activities we can do to foster Inner Peace? What are the reasons we seek Inner Peace? How does Inner Peace affect me?	Is Inner Peace real? Is Inner Peace helped by prayer, meditation? How is Inner Peace shared?
Promote Peaceful Resolution to conflicts	How is non-violent communication helpful in resolution efforts? Can music and Dance change our view of conflict? Are shared goals important to peaceful resolution?	Does Mindset play a role in conflict resolution? Are my religious beliefs important to others?
Appreciate and value Cultural and Spiritual Diversity and experience the unity of all beings.	What are the best ways to share and inquire about diverse beliefs.? How does music and dance help us bridge differentiated belief structures?	Are we all lined in the world? Does interconnectivity mean responsibility? Does Unity include us all?

Workshop Learning Details

Students will experience and learn...	Skill Attainment: My students will be able to (Do) ...
<p>MUSIC workshops that include traditional music from around the world and presented with reverence to the beauty of each. Our artists provide inspiring historical cultural references as introduction to each one of the musical examples. The musical activities involve listening, clapping and singing along, dancing and contemplating on images that relates to unity of being, oneness, harmony, and brotherhood and sisterhood of all people and the natural world. Some of the music is slow and meditative increasing relaxation and inner peace, some of the music is upbeat, joyful and celebratory. Our Music Workshops led by award winning composer, musician and author Yuval Ron and members of the international inter-faith Yuval Ron Ensemble. (See https://www.youtube.com/watch?v=X6iDHzlp11g and www.yuvalronmusic.com)</p>	<ul style="list-style-type: none"> • Sing songs that focus the mind, cultivate inner-peace and foster a sense of well-being. • Feel empathy, solidarity and kinship to people of other world cultures and faith traditions. • Experience wholesomeness and happiness through artistic expression • Be inspired to be kind, compassionate and creative • Be inspired to follow the example of the teaching artists in seeking harmony and unity.

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DANCE Workshops that introduce students to meditative, mindful slow movement that develops motor skills, body awareness listening skills, and powers of observation, flexibility, concentration, coordination and cooperation.

In these workshops children have an opportunity to develop inner peace through the power of visualization and breathing techniques, connect to their natural curiosity and empower their innate *imagination*. *Our visiting artists raise the students' awareness of themselves as keepers of the Earth and a sense of oneness with all living beings. Some of the workshops foster appreciation of cultural diversity and tolerance by introducing the students to new landscapes, animal movements, folkloric music, musical instruments and traditional native and tribal dance rituals of various cultural traditions. Our method for cultivation of inner-peace integrates the power of visualization, guided movement meditation, free style dance, breathing technique, martial art, yoga and storytelling. Our lead dance teacher is the Yuval Ron Ensemble's dance artist **Mayaya of Mayaya Land**. (See Mayayaland.com)*

- Engage in movement that focus the mind, cultivate inner-peace and foster a sense of well-being.
- Feel empathy, solidarity and kinship to people of other world cultures and faith traditions.
- Experience wholesomeness and happiness through artistic expression
- Be inspired to be kind, compassionate and creative
- Be inspired to follow the example of the teaching artists in seeking harmony and unity.

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Story Telling workshops of wisdom tales and parables introducing students and adults to the lives of peace heroes such as Gandhi, Martin Luther King, Father Bruno and other less known people who have done heroic deeds on behalf of humanity and the natural world. The stories present these Peace heroes as regular people who were seekers of Truth and were led into playing historic and heroic roles in promoting Peace and Harmony around the world. As recent neuro-science studies have shown we learn and retain information in most efficient way when we are moved emotionally while hearing a story or a fable. The method of story telling have been used in all the wisdom traditions throughout human history, capturing and preserving the aural history, moral ethical teachings and values that were needed for civilizations to survive.

We combine devotional and emotional music as an underscore during our story telling segments in order to impact the listeners deeply and lead to a transformational and inspiring experience. The stories we choose inspire audience to consider conflict resolution techniques as a manifestation of a higher virtue (Agape), the unity of all being, the power of sound and strengthen the hope for peace to prevail on earth. Some of which can be found in the book Divine Attunement: Music as a Path to Wisdom by Yuval Ron – winner of Gold Medal for Best Book in the Indie Book Awards 2015, see

<http://www.theoracleinstitute.org/Divine-Attunement>)

See Yuval Ron tell a teaching story at a TED Talk:

<http://yuvalronmusic.com/yuvals-ted-talk/>

- Feel empathy, solidarity and kinship to people of other world cultures and faith traditions.
- Be inspired to be kind, compassionate and creative

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<p>Film Screening with discussion (for High School and College students) Composer Yuval Ron presents a screening of the Oscar winning film West Bank Story, which he scored and composed the songs to followed by Q&A and a discussion on the role of humor and the arts in peace activism, the role of grass root movements in promoting peace and importance of seeing the humanity in members of opposing groups, beyond stereotypes and social barriers. (See West Bank Story: https://www.youtube.com/watch?v=mgQfCUNf0no)</p>	<ul style="list-style-type: none"> • Feel empathy, solidarity and kinship to people of other world cultures and faith traditions. • Experience wholesomeness and happiness through artistic expression • Be inspired to be kind, compassionate and creative • Be inspired to follow the example of the teaching artists in seeking harmony and unity.
<p>Role Modeling workshops: Our artists come from various ethnic, national and spiritual heritages. Working and teaching together on stage and in school, these artists present harmony in action and a real life example of how we all could create more harmony in this world, if people would cooperate and collaborate while maintaining their own traditions and spiritual practices.</p>	<ul style="list-style-type: none"> • Feel empathy, solidarity and kinship to people of other world cultures and faith traditions. • Experience wholesomeness and happiness through artistic expression • Be inspired to be kind, compassionate and creative • Be inspired to follow the example of the teaching artists in seeking harmony and unity.