

Good Life Yoga School

Marcus Veda & Hannah Whittingham

4Beat x Ableton Live: MUSIC and YOGA

30 Hour Advanced Teacher Training Online

Dates & Location

On Demand: You will have access to the course videos for 6 months. You may also download them if you wish to keep them beyond this time.

Video Content

This is a recorded version of our 5-day Ableton course.

Each day includes:

A Rocket Practice led by Marcus or Hannah

1 hour Lecture on:

- The psychology of music
- Tempo/BPM (and breath)
- Instrumentation (beat vs melody vs lyrics)
- Teaching to 4Beats: 4 beat bars/finding the 1/phrasing

A 90-minute Ableton Skills lecture led by Flaminia during which a task to practise will be set

The final day's videos also include a Q&A.

Faculty

Marcus Veda & Hannah Whittingham

Ableton Live: Flaminia Agrimi

What You Will Need

- A laptop
- A good pair of headphones / speakers
- You will be given a free 30-day trial of Ableton Suite

Course Outline & Content

Each day includes a led Rocket practice with Marcus and Hannah, followed by lecture and

discussion on the psychology of music and how this should be considered when choosing how you use it. We will consider:

- What are you trying to achieve with your music?
- How does music affect the way you move your body?
- How does it affect flow state?
- How does it affect emotional states?
- Matching music to the energetic shape of a sequence
- Breathing and BPM
- Importance of beat
- Importance of tempo
- Teaching to the beat

Each afternoon will be practical tutorials with Ableton specialist, Flaminia Agrimi, on how to operate DJ software – all students will be given a free 30-day trial of Ableton.

Ableton Live Training

What you will learn:

- Selecting and sourcing music for a Yoga flows
- Creating unique and smooth mixes for classes
- Basics of Ableton Live

Ableton lesson plan summary:

- Lesson 1 - Intro to DJing
- Lesson 2 - Intro to Ableton 2
- Lesson 3 - Syncing and Mixing
- Lesson 4 - Smooth transitions
- Lesson 5 - Creating a set
- Lesson 6 - Wrap up / Review of Assignment

Cost

On Demand option: **£199**

Hybrid option (weekdays on demand, weekend including Q&A, supervised practice, and final review “live”): **£250**

If you wish to join the afternoon Ableton lectures on the next available live training, you may do so for free.

If you wish to join the entire next training live, you may upgrade (the full cost for attending live is £380, so you would pay £181).