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FOR IMMEDIATE RELEASE

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## **SAMA-LIGONIER VALLEY TO HOST SOUND EMPOWERMENT WORKSHOP**

Ligonier – The Southern Alleghenies Museum of Art at Ligonier Valley will host a Sound Empowerment Workshop with musician and educator Jim Donovan on Saturday, February 28. The workshop will be held from 8:30 a.m. to 3:30 p.m.

Sound Empowerment is an accessible step-by-step system that explores the use of rhythm and sound as tools to improve quality of life for yourself and others. The primary focus of this training is on using rhythm and simple vocal techniques to relieve stress, anxiety, sleeplessness, low energy and mind clutter. The workshop will include an introduction to rhythm and drum circle techniques, vocal toning, and various other exercises designed to help individuals feel better physically and emotionally. Participants need no musical training or experience. Drums will be provided.

Donovan is a founding member of the '90s band Rusted Root, which has sold over three million records to date. He has appeared on the David Letterman and Conan O'Brien shows and has shared the stage with rock legends including The Allman Brothers Band, the Grateful Dead, and Jimmy Page and Robert Plant of Led Zeppelin. He holds a B.A. in music performance from the University of Pittsburgh and a Master's of educational leadership from Saint Francis University, where he is on faculty.

Cost for the workshop is \$50 per person, which includes coffee, pastries and lunch, as well as five hours of hands-on training and a 90-page training manual. Reservations are required by February 23 and can be made by calling the Museum at (724) 238-6015. Act 48 credit (6 hours) is available with participation.

The Southern Alleghenies Museum of Art at Ligonier Valley is located at One Boucher Lane and Route 711 South in Ligonier. Hours of operation are 10 a.m. to 5 p.m. Tuesday through Friday and 1 to 5 p.m. weekends. The Museum is a handicapped-accessible facility and is open to the public free of charge. For more information, call the Museum or visit [www.sama-art.org](http://www.sama-art.org).