



## FOOTHILLS ACOUSTIC MUSIC INSTITUTE

is proud to present ...

### MEETING YOUR MUSE ~ A Day of Song Writing

**MEETING YOUR MUSE**, led by Canadian Singer / Songwriter **Trina Nestibo**, is a workshop for aspiring songwriters, experienced and beginners alike. It's designed not only to boost creativity but also to offer a variety of practical strategies, tips and techniques to do with the art and craft of song writing. This workshop explores the following concepts in an engaging and inspiring way:

- Exploring Creativity and Inspiration
- Breaking Down the Song Writing Process
- Steps to Success
- Lyrics and Finding Flow
- Musical Framework and Format
- Hands-On Individual and Co-writing Experiences
- Song Sharing

#### **TRINA NESTIBO'S MEETING YOUR MUSE ~ A DAY OF SONGWRITING**

**February 20, 2010 from 9:00 am to 5:00 pm**

**Place To Be Determined**

**COST: \$100.00 per person (see FAMI website for cancellation policy)**

**Participants are responsible for their own lunches**

The Workshop is limited to 12 participants. Register by sending an email to Murray Little at [mdlittle@angelsharemusic.ca](mailto:mdlittle@angelsharemusic.ca) and a cheque to the Foothills Acoustic Music Institute, North Hill RPO Box 65031, Calgary, Alberta, T2N 4T6



**Trina Nestibo** is a seasoned educator and music therapist who has created and implemented a variety of music and wellness related workshops and educational programs. Trina has facilitated quality music programs in schools, group homes, shelters and hospitals. She is a dynamic leader with experience working and connecting with individuals and groups from many walks of life.

Hardly a newcomer to the music scene, Trina has been composing and crooning soulful tunes since childhood. She has been touring extensively throughout Canada's western provinces since proudly and independently releasing her solo debut album, "**Someday: So Far**" in October of 2008.

Nestibo's album is receiving regional and national recognition and radio play. Trina is back in the studio recording a new collection of original songs to be released in 2010.

Trina, in addition to performing as a solo act, freelances musically with several bands, leads vocal comfort and song writing workshops as well as coaching a handful of private students.

For more information about Trina's music visit her website at [www.trinanestibo.com](http://www.trinanestibo.com)

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*The **Foothills Acoustic Music Institute** is a registered non profit organization which promotes and encourages learning and playing of all genres of acoustic music. Each year FAMI hosts Instructional Camps in May and August and a Jam Camp in the early fall. These camps provide encouragement to beginning and intermediate players in a workshop setting, while providing the more advanced players an opportunity to play in a band environment or share their talents with others. Check out the FAMI website at [www.fami.ca](http://www.fami.ca)*