

Sound Healing: The Power of Sound

Ruby Red Workshop
September 21, 2024
Saturday, 10:00am-2:00pm

Educator: Cal Duran, Volarduran@yahoo.com

Pricing:

Museum Friend: \$65 / Member: \$70 / Student: \$70 / Non-Member: \$80

Class Description:

This class will focus on sound as a healing force through cross-cultural perspectives. Students will learn about meditation and sound bathing with the use of various musical instruments. Breathing techniques and body movements for healing will also be explored. Students will investigate how sound can be used in everyday life to release stress and to calm the body and mind.

What to Expect:

Students can expect to find a deeper understanding of how sound can help to heal the body and mind. No prior knowledge needed. The beginning of class will focus on discussion of the musical instruments used to help us heal. Then, we will experience sound bathing and meditation as a group. Time in galleries will explore instruments used in ceremonial practices and as healing tools by our ancestors. Lastly, students will be led through yoga positions, breath work, and mantras for healing.

Class Cancellation Policy:

If a class or workshop needs to be cancelled due to inclement weather or teacher illness, a “make-up” day will be scheduled on a FRIDAY or SATURDAY as the educator’s schedule allows.

Materials:

n/a

Educator:

Cal Duran is an artist and art educator focusing on connecting with his ancestors from an Indigenous and Latinx background. His work often explores parallels between hybrid identities found in myth, religion, and ritual. Duran has shown altars, installations and artwork in museums and galleries throughout the Denver Metro area and beyond. He continues to honor his ancestors and recently created a room at Meow Wolf in Denver, honoring the indigenous tribes of Colorado and the Americas.

<https://www.artbycal.com>

Ruby Room Policies

CLEANUP:

Please remove all artworks from the classroom at the end of each class. If wet painting or in-progress artworks need to be stored in the classroom, there is limited storage in the equipment closet. Students will also need to take home all their own materials after each class. Make sure that art supplies and equipment belonging to the DAM are put back in the appropriate locations. Sponges and cleaning solution are provided in the classroom for cleanup.

CLASSROOM ACCESS

Students will have access to the classroom only during scheduled class hours and open studio hours. Please contact the Manager of Creative and Public Engagement, Sarah Rockett, if you need to arrange entrance to the Ruby Room outside of those hours – srockett@denverartmuseum.org.

MATERIAL USAGE

Approved Processes & Materials

Please ask if you are unsure about using a material in the workshop.

- All materials that are non-toxic and non-flammable
- Chalk/charcoal/compressed powder-based drawing materials
- Loose powder-based drawing/painting materials – i.e. powdered graphite, powdered pigment
- Loose powder-based 3D materials – i.e. plaster, alginate
- Clay – air drying only
- Oil paints & oil medium
- Adhesives
- Odorless mineral spirits – in small amounts
- Acetone – in small amounts
- Hot plates – for encaustic or use w/ wax-based process
- Hot glue & hot glue guns

Restricted Processes & Materials

- Aerosols
 - No spray paint onsite
 - Fixatives and finishing sprays can be used outside with the use of a drop cloth.
- Saws/Wood cutting
- Organic materials
- Any materials that off-gas or produce a pungent smell will require prior approval.

Flammable Materials

STORAGE: Any flammable materials left in the classroom must be stored in the flammable materials cabinet when not in use. This includes all aerosol products, mineral spirits, acetone, etc.

DISPOSAL: Please use the flammables disposal container to dispose of all flammable materials or rags, paper towels, etc. that have been saturated with flammable materials. Do not put these items in the regular trash can or down the sink. This includes materials such as mineral spirits, acetone, paint thinner, oil paint, etc.

Disposal of Viscous Materials

- **Paint:** Scrape or wipe large amounts of paint into the trash can. Remaining paint may be washed down the sink. Make sure that paint does not sit and dry on the bottom of the sink. Use sponges to wash out the sink, and run water for 1-2 minutes after paint disposal.
- **Plaster:** Dispose of wet plaster into the trash can. Leave container to dry, and crack remaining plaster into the trash once it is dry. Hands and tools used for plaster may be washed in the sink with water running 1-2 minutes after washing.
- **Clay:** Remove wet/dry clay from hands and tools as much as possible before washing in sink. Run water in sink for 1-2 minutes following washing.

SAFETY:

Teachers and students are responsible for practicing safe work habits at all times, as improper use of tools could cause injury. Please work intelligently, safely, and follow all safety guidelines.

- Teachers and students are only to use equipment and tools that they either already know how to use, or have been instructed how to use. If you have a question about how to operate any equipment, please ask!
- Work smart, pace yourself, and be aware of your surroundings at all times.
- Safety glasses, safety goggles, nitrile gloves, and dust masks are available upon request.