

MIDWEST HARMONY REGION #3 SWEET ADELINES VIRTUAL SUMMIT

MORNING SCHEDULE

9:00AM	Opening Ceremonies
9:15AM	Anna-Lisa Glad Physical and Vocal Warmups
10:00AM	Vickie Maybury Musicality: Finding the Power Within
11:00AM	Debra Lynn The Magic of You Bel Canto Breathing
12:00PM	Lunch Breakouts Lori Lyford Directors Keturah Moller General Membership RMT with Leaders

AFTERNOON SCHEDULE

1:00PM	Jen Cooke Tag Singing
1:45PM	Lynne Smith Rip Open the Shower Curtain
2:45PM	Jennie Morton Healthy Performers
3:45PM	Britt-Hel�ne Bonnedahl Mental Training for Singers
4:45PM	Wrap up It's the Music

SATURDAY SEPTEMBER 26, 2020