

## SUNITA STANESLOW – MY STORY

Sunita Staneslow was raised in St Paul and studied at the MacPhail Center for Music with Frances Miller and Lynne Aspnes. She received a BA from Tufts University and achieved her Masters at the Manhattan School of Music.

Sunita has lead a life full of Music, teaching the Harp at Gustavus Adolphus College, as the principal harpist for the Jerusalem Symphony and her pursuit of Jewish music lead to a McKnight Foundation Performing Arts Fellowship in 1998. She has performed with the Minnesota Opera and works as a therapeutic harpist with two hospitals.

Sunita's books or arrangements for the harp are available at Stoney End Harps or at her website

[www.sunitaharp.com](http://www.sunitaharp.com)

Stoney End Harps  
920 MN Hwy 19 Blvd.  
Red Wing MN 55066

Phone: 651-388-8400  
Toll Free: 877-866-3936  
[Stoney@Stoneyend.com](mailto:Stoney@Stoneyend.com)  
[www.stoneyend.com](http://www.stoneyend.com)

## STONEY END HARPS

*Stoney End Music workshop is located in a historic barn near Red Wing MN.*

*Visit our workshop on the ground floor of the barn to see instruments being built. The music store is located on the second floor and features a wide range of musical instruments, books.*

*Our concert and event space is located on the 3rd floor.*



Stoney End Harps



## SUNITA STANESLOW

### ***Celtic Harp Workshops***

Creating Soothing Sounds

The Power of the Left Hand

**Saturday March 17th**

**Hobgoblin Music**  
[www.stoneyend.com](http://www.stoneyend.com)  
**Toll free 877-866-3936**



## Stoney End Music Presents

*Sunita Staneslow*  
Harpist and Instructor

**Saturday March 17th St. Patrick's Day**

### **Irish Harp Workshops**

Spend your St. Paddy's Day at Stoney End Harps with Harpist and instructor Sunita Staneslow.

**Registration 8:30 am**

Coffee and pastries, tuning meet and greet.

**Creating Soothing Sounds \$35.00\***

9:30 am to 11:30am

**Lunch- included**

11:30am to 12:15pm

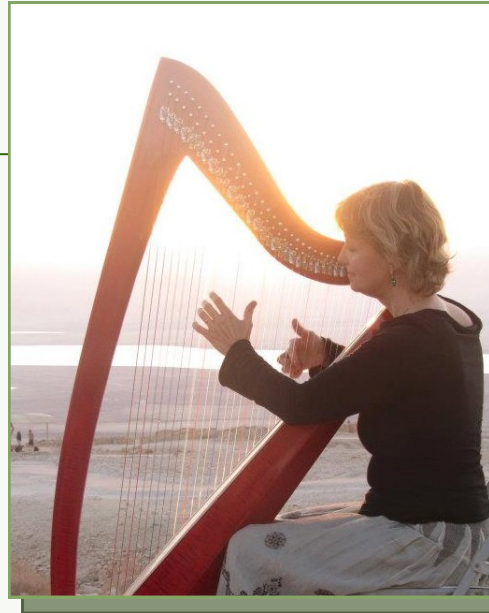
**The Power of the Left Hand \$35.00\***

12:15pm to 2:15pm

**St Patrick's Day concert \$15.00**

3pm with Harpist Sunita Staneslow  
and Bassist Gary Raynor.

\* take both workshops for \$60.00



### **Creating Soothing Sounds**

What is it that makes some arrangements flow gracefully and others sound clumsy? How do you create simple arrangements that can help relax and uplift those around you?

I will share with you ways to arrange melodies so that you can control the phrasing and tone. We will explore adding simple improvisational techniques to enable you to create beautiful music without reading the notes.

**Soothing Sounds Workshop \$35.00**

Bring your instrument, a chromatic tuner, tuning key and Music stand.

**Workshop begins 9:30 am March 17th**

### **The Power of the Left Hand**

Our left hand controls most of the harmony and rhythm, yet it is often less coordinated. We will learn several left hand accompaniment patterns and build control and speed.

*"The left hand just needs a bit more attention."*

We will work on ways to get your hands working together as a team. Bring your troublesome pieces and we will work on ways to practice and build technique in your left hand.

**Power of the Left Hand Workshop \$35.00**

Bring your instrument, a chromatic tuner, tuning key and Music Stand.

**Workshop begins 12:15pm March 17th**

SUNITA STANESLOW

Workshops and Concert

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