



SPRIT OF THE RAINFOREST

Women's songs from the Baka Hunter Gatherers

Singing together is central to the lives of the Baka. Song permeates their lives from cradle to grave, from ritual and heading to fun and games. Women have an important musical role.

Their traditional power has been to communicate with the forest in song to ensure the richness of life for all. This ancient practice is unbroken and women still sing out into the forest at night to enchant the animals and bring luck in the hunters. This music is a playful weaving of sound, as collective as their egalitarian lifestyle. Everyone joins in with ease.

Since 1992 Su Hart has sung with the Baka women and has been initiated into their polyphonic spiritual singing.

They have now asked her to bring and teach their songs beyond their decreasing forest.





THE WORKSHOP WILL COVER

- active "forest" listening;
- forest vocal technique, breath control, voice placement, and vocal release work;
- songs, from baby-soothing to spiritual;
- multi part singing, densely textured songs with overlapping, polyrhythmic interdependent parts;
- co-operative musical games and movement;
- Yelli singing, forest yodelling for animal enchantment.



The workshop will be tailored to the needs and abilities of those taking part and can include a slide show, DVD, discussion, stories, composition and improvisation. (For summer camps, instrument making and Baka camp building are available.)

As Su returns to the forest on a regular basis and learns new material from the source, her workshops are continually and vibrantly being re-invented.

"Singing the Baka songs with Su and listening to her stories connects me to our human potential for deep listening and sensitivity. In Sheffield in the 21st century this is such a moving and powerful way to remember our connectedness. It works every time." **Helen Lyle. Community choir leader.**

"What Su brought us was unique, her style is captivating and from the heart, I feel like I've learned to listen for the first time" **participant.**

"It works on so many levels, I was literally entranced and can take part in singing in a new way" **participant**

"After attending singing workshops for 20 years in the UK and abroad, I rate Su Hart as one of the most exceptional leaders, in league with the stellar and best"

Alison Burns. Songwriter, workshop leader, community choir director.



FOR MORE INFORMATION

www.baka.co.uk See films at www.1heart.org/video

email su@baka.co.uk phone +44 1225 331636

SUPPORTING MATERIALS

HEART OF THE FOREST

(HN CD1378) Field recordings, the soundtrack of forest life. From childrens song and water drumming to sweet mesmerising music on forest-made instruments to chants and animal calling womens' songs ("yelli")



SPIRIT OF THE FOREST

(HN CD1377) Based on acoustic jams in the forest with guitar and violin added. Often used with dance and movement. The sister album to Heart of the Forest.



GATI BONGO (MAHA CD23)

Contemporary guitar based songs written by the Baka at Gbiné and with traditional Baka singing and rhythms. Recorded using solar panel and computer in the forest. Very uplifting



THE JOY OF SINGING

(MAHA CD19) For teachers, a collection of tried and tested follow-up songs including 3 Baka songs, recorded in parts with booklet of written music and ideas for follow-up and development. Suitable for all ages.



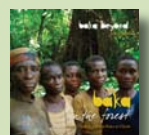
BAKA BEYOND THE FOREST

(MAHA CD28) Music inspired by the Baka women. Yelli singing in a modern context. Dancable



BAKA IN THE FOREST

(MAHA CD29) Magical night time recordings as the women call the forest animals. Chill out to the forests sounds.



BAKA DVD

A collection of short films of Baka music, projects (such as the building of the music house), life in the forest and other GME projects. Length, approx 1hr

