

Jennifer Friedman

In the great tradition of songwriting with a conscience

Workshops & Presentations

Singing Our Peace

Jennifer's inspiring 2-3 hour workshop includes group discussion on what it means to be a seeker of peace today; how this aspiration manifests in our daily lives through interaction with Self and others and how to become the change we wish to see in the world. Jennifer performs several award winning original songs and leads the group in traditional spirituals and peace songs.

We Are the Ones We've Been Waiting For!

Everywhere we look, we see evidence of human impact on the planet. Parking lots, highways jam-packed with cars, the glow of street lamps on every corner. At this time more than ever, we are called to stand up for our Mother Earth. This workshop presentation combines the elements of peace and justice with practical environmentalism. What can we do to make our world a more free and just society, while also leaving a legacy of conservation for our children? Original songs are performed by Jennifer and group singing is facilitated using empowering songs with a conservation focus.

Healing through Song and Story

A workshop designed to push through the blocks associated with guilt and grief utilizing various artistic mediums including, but not limited to writing, singing, drumming, and improvisational theatrical exercise. Jennifer facilitates open and honest examination and communication with Self and the group in a safe, exploratory atmosphere. This program is a terrific tool of empowerment for all ages, genders, and groups seeking inner openness or rehabilitation.

Soaring Spirit Song Circle and Dances of Universal Peace

Jennifer facilitates a welcoming song and dance circle for people of all ages and levels of experience. Utilizing traditional spiritual songs and chants from a variety of traditions, and elements of Dances of Universal Peace practice, this Earth centered circle empowers beginners and more advanced singers to explore their voices and experience the inner joy and peace that comes from singing freely with a group. Jennifer uses guitar, drum, percussive toys and acapella singing to lead the group. A song sheet will be provided and no experience is necessary.

Laughter Yoga

A terrific icebreaker for conferences and workshops or as a stand alone workshop, Laughter Yoga promotes therapeutic laughter as a method to bring people together and release stress. Guided exercises are used to focus energy on breathing and then gradually engage the group in serious bouts of rollicking laughter. Jennifer is a certified leader trained in the American School of Laughter Yoga.

**Each of the above programs can be tailored to fit the unique qualities of your community and time frame of your event*

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