

Songwriting Retreat with Friction Farm



Music at 
The Mountain

December 1 - 4, 2022

Exploring the art, craft, and fun of songwriting

Enjoy a couple of days letting the relaxed beauty of The Mountain fill your creative well. We will work on the art and craft of songwriting together. This small group can be tailored to your specific needs and wants. Aidan Quinn and Christine Stay can help focus your ideas about a song, assist in crafting music that supports your words, or guide you down a path of songwriting with prompts and ideas. We will rely on trusted supportive techniques, for individual and small group sessions.

Bring your favorite instruments. Pianos are available on The Mountain.

"Music Week [with Friction Farm] has been transformative. When I came here, I lacked courage to really try to pursue music. In my first songwriting class here, I wasn't finishing sentences. But, in five days here, I wrote two songs. There is something about this place – magical."

– Renee E.

"My first songwriting class was with Aidan and Christine. Not only did we learn the processes and joys of creating a song with delightful mentors, participants supported one another as we created and shared our songs. Christine and Aidan encouraged us to consider writing about a family story or other life event, this was a great way to consider what was important for ourselves, as well as learning about one another."

– Beverly C.

Encourage friends to join you!

Register at TheMountainRLC.org

or call 828-526-5838

frictionfarm.com