

FOLKWAYS RECORDS FMX 6195

CLOUDS

New Music for Relaxation

produced by: Craig Kupka

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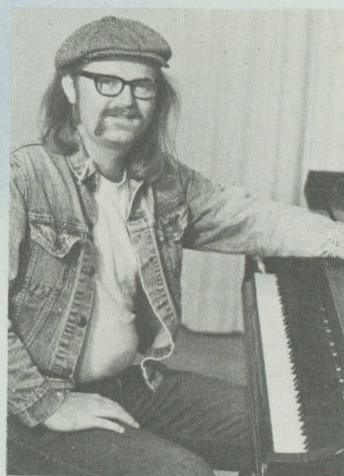
MUSIC LP

CLOUDS

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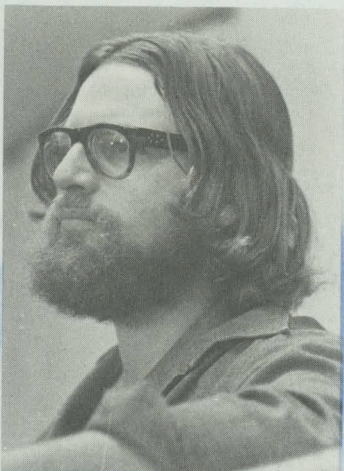
side one CLOUDS I
side two CLOUDS II



NORMAN BEEDE/Fender Rhodes Piano, Celeste

Mr. Beede attended both the San Francisco Conservatory of Music and California Institute of the Arts. He has played ballet, modern and tap classes with Bella Lewitzky, Mia Slavenska, Jeff Slayton and Fred Strickler while on staff at California Institute of the Arts, California State University Long Beach, UCLA and USC-ISOMATA.

Mr. Beede has participated in numerous new music concerts in the Los Angeles and San Francisco areas. He is a former member of the Ghost Opera and the San Francisco Conservatory New Music Ensemble. Norman is currently on staff, accompanying ballet, modern and tap classes at California State University Los Angeles.

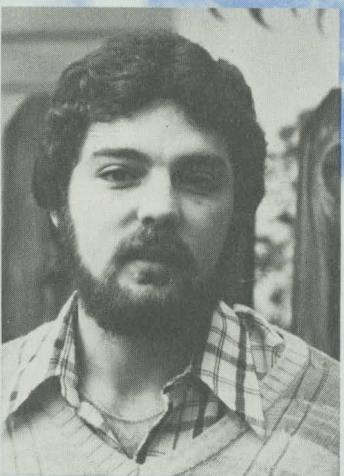


CRAIG KUPKA/Producer, Recording Engineer, Crumar Electric Piano, Arp Synthesizer, Wind Chimes

Born Feb. 20, 1946 in Los Angeles. B.A. '67 and M.A. '69 in Music Composition from UCLA. While at UCLA he studied piano, harpsichord and trombone as well as music composition.

Since 1972, Mr. Kupka has worked for California State University Los Angeles and California State University Long Beach as an accompanist for dance classes and as a faculty member teaching music for dance classes. In 1975 he became Music Director of the Moving Co., a modern dance company. His compositions for dance have been widely performed throughout California.

Currently, Craig is a founding member of the South Coast Dance Arts Alliance, an organization dedicated to education through music and dance. An area of great concern is stress reduction to which Mr. Kupka devotes much of his time. His training is in the Jacobson technique of Progressive Relaxation.



ROBERT MEHREN/Electric and Acoustic Guitars

Born in Los Angeles, Mr. Mehren has studied guitar since the age of seven. He has performed with numerous jazz and rock groups and his classical guitar recitals are critically acclaimed.

He has worked as a musician for dance at both California State University Los Angeles and California State University Long Beach. Mr. Mehren is a strong advocate of incorporating meditation into one's daily life and donates much of his time to playing music for relaxation for various groups and clinics in Southern California.

Help Discover You, Your Light—a lasting serenity and strength . . . at your own pace . . . in your own time, with *CLOUDS*. Inherent in the music is deep, peaceful relaxation. Relaxation is a duet of the body and mind in repose, a passive state wherein there is renewal of your life-light. Whether at home, in dance therapy, mediation, relaxation, yoga and similar settings, or, in a hospital maternity delivery ward or psychiatric care units, *CLOUDS* will soothe, ease away tensions and distracting external stimuli. It allows one's full attention to inner sensations and feelings towards self-understanding that brings peace and strength. Use it while driving freeways and crowded city streets. There are no spoken words to influence or distract one away from personal thoughts.

The music was composed with care. Only tonalities and intervals were emphasized that have been shown to produce a non-stressful response in the body so that the individual

is freed and, in fact, guided, into quiet introspective reflection. Instruments with nondissonant overtone structures were used exclusively. Instruments such as the Vibraphone, specially prepared Fender Rhodes, bowed bass guitar and other electric keyboard instruments were used because their overtone structure resonates evenly with the human body and produces a calming effect when used in conjunction with properly selected tonalities and intervals. No rhythm or "meter" is imposed upon the listener so that one's own internal "clock" is left free to function at its own tempo.

While it is true that one record cannot meet all of the needs of all of the participants and all of the teachers/therapists all of the time; the potential to meet most of the needs of many, much of the time, is certainly great. This record should be in the music library of anyone interested in the relaxation/meditation/therapeutic fields!

CREDITS

Music: All music by Beede, Kupka, Mehren, Sawhill, Tripp
Photography: Norman Beede
Recording and Production: Geoff Cooper and Craig Kupka
Liner Notes: Nancy Kupka

Nancy Kupka, M.A. in Dance Therapy from UCLA, has performed professionally for 15 years with ballet and modern dance companies across the USA and Europe. Currently she is choreographer/performer with the South Coast Dance Arts Alliance and teaches all forms of dance at California State University, Los Angeles. She is also active in the field of dance therapy/relaxation and is a member of the American Dance Therapy Association.

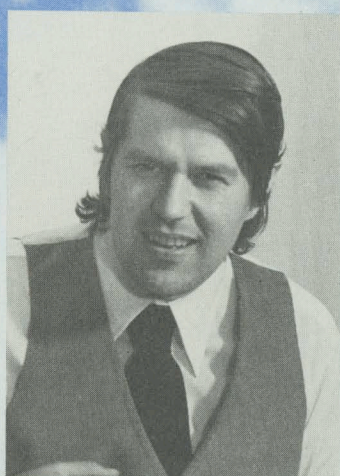
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"*CLOUDS* was designed for classes in relaxation, meditation, quiet times in elementary schools, homes or office, as a non-eastern musical alternative for Yoga and can be used in Dance Therapy & Modern Dance Classes, anywhere that quiet non-rhythmic music is desired.

This music should function as an environment compatible with many different formats.

We have field tested this concept in classes in Yoga, Relaxation, Dance Therapy, Modern Dance & Stretch at Calif. State Univ. Los Angeles and found the music to work as well as we had hoped."

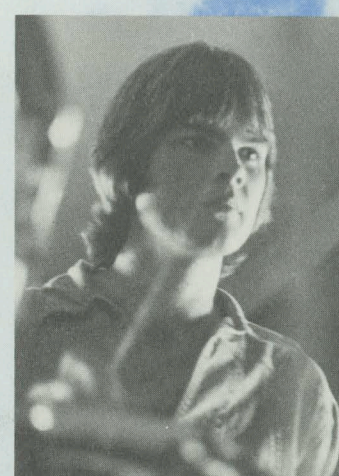
Craig Kupka



KENNY SAWHILL/Bowed Bass Guitar, Bass Guitar

Mr. Sawhill received his B.A. degree from UCLA in 1970 and his M.A. in music from Calif. State Univ. Los Angeles in 1978. He is a former member of the Don Ellis and Stan Kenton orchestras. He has performed at the Music Center with the Roger Wagner chorale and also with the noted choral conductor Robert Shaw. He has recorded for such labels as Columbia, MCA, Motown, Kapp and Capricorn Records.

Mr. Sawhill has studied and taught meditation principals and related subjects at the Venice Institute of Meditation. He is an active meditation counselor in the Los Angeles area.



ROLAN TRIPP/Vibraphone, Bells, Percussion

Dr. Tripp has a varied background both in the types of music and instruments played. Having started originally playing the oboe, he also studied saxophone, flute, guitar, bass and finally drums.

Rolan holds a B.A. in Percussion from California State University Los Angeles and received his doctorate at U.C. Davis.

Dr. Tripp is currently a holistic health practitioner in Santa Cruz California, specializing in holistic health approaches for animals when not utilizing his musical skills writing and playing music for relaxation and meditation among other forms.