



MEDIA RELEASE

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Robert Waggoner and Janika Vandervelde Explore the World of Lucid Dreams

Author and lucid dream expert Robert Waggoner, composer Janika Vandervelde, and Zeitgeist percussionists Heather Barringer and Patti Cudd will gather at Studio Z Sept. 27-29 for a three-day event exploring the world of lucid dreaming. The series begins Sept. 27 with a talk by Robert Waggoner on “The Science of Lucid Dreaming” followed by Part 1 of Vandervelde’s new work *The Gates of Horn and Ivory* for two percussionists and electronics. Events continue Sept. 28 with Waggoner discussing “Lucid Dreaming’s Incredible Potential” and Part 2 of Vandervelde’s composition. The final event takes place on Sept. 29 with a performance of *The Gates of Horn and Ivory* presented in the context of a yoga nidra meditation.

The Gates of Horn and Ivory uses live percussion and electronic soundscapes to travel through the various stages of sleep and ponder the meaning and origin of dreams, including the mysterious phenomenon known as lucid dreaming, where the dreamer becomes consciously aware in the dream.

Robert Waggoner wrote the acclaimed book *Lucid Dreaming – Gateway to the Inner Self* (now in its tenth printing), and co-authored *Lucid Dreaming Plain and Simple* with Caroline McCready. His books have been translated into French, German, Chinese, Korean, Czech, Finnish and other languages. A past President of the International Association for the Study of Dreams (IASD), Waggoner serves as co-editor of the online magazine *The Lucid Dreaming Experience*, the only ongoing publication devoted specifically to lucid dreaming. A lucid dreamer since 1975, he has logged more than 1,000 lucid dreams. Waggoner frequently speaks on the science and practice of lucid dreaming at international dream conferences, workshops and college classrooms. He has been interviewed or consulted about the practice of lucid dreaming by CNN, CBS

News and ABC News (KABC – Los Angeles), along with Iowa Public Radio, WPNR, WBGU, and other radio stations.

Over the past 30 years, composer **Janika Vandervelde** has written more than 100 works for orchestras, choirs, chamber ensembles, soloists, and the stage. Her scores have been commissioned and performed by groups at all levels, from professionals to children, including Chanticleer, the Dale Warland Singers, the St. Paul Chamber Orchestra, the New Zealand String Quartet, the Melbourne (Australia) Chamber Choir, the Minnesota Orchestra (Music for Young Audiences and KinderKonzerts), the Guthrie Theatre, and numerous church, school, community, and festival choirs. Her music is published by Hothouse Press, earthsongs, Boosey & Hawkes, Augsburg Press, and Miela Harmonija. Vandervelde currently teaches at Hamline University.

The Gates of Horn and Ivory

Friday, September 27

7:00 p.m. Talk by Robert Waggoner: “The Science of Lucid Dreaming”

8:00 p.m. Performance: The Gates of Horn and Ivory, Part I

\$30

Saturday, September 28

7:00 p.m. Talk by Robert Waggoner: “Lucid Dreaming’s Incredible Potential”

8:00 p.m. Performance: The Gates of Horn and Ivory, Part 2

\$30

Sunday, September 29

10:30 a.m. Meditation (mats provided or bring your own) and The Gates of Horn and Ivory (A Lucid Experience)

\$15

\$50 for both Friday and Saturday

\$60 for all three events

All events at Studio Z: 275 East Fourth Street, Suite 200, St. Paul

Tickets and information at zeitgeistnewmusic.org

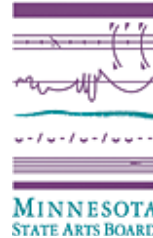
About Zeitgeist:

Founded in 1977, Zeitgeist is a new music chamber ensemble consisting of two percussion, piano and woodwinds, and is one of the oldest and most successful new music groups in the country. Based in St. Paul, Minn., the group presents an annual concert series and delivers a wide variety of community-based performance programs for residents of the Twin Cities and the surrounding areas. Zeitgeist’s mission is to bring newly created music to life with performances

that engage and stimulate. Members are: Heather Barringer, percussion; Patti Cudd, percussion; Pat O'Keefe, woodwinds; Nicola Melville, piano.

Zeitgeist is supported by the The City of St. Paul's Cultural STAR Program, The Amphion Foundation, The Knight Foundation, The Lowertown Future Fund, the Target Foundation, the McKnight Foundation, the Jerome Foundation, the Albrecht Family Foundation, the Aaron Copland Fund, The Mandel Family Foundation, and the Minnesota State Arts Board and the Metropolitan Regional Arts Council, through an appropriation by the Minnesota State Legislature.

Janika Vandervelde is a fiscal year 2019 recipient of an Artist Initiative grant from the Minnesota State Arts Board. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.



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