



AMLA at Esperanza

AMLA Summer Music Institute 2025 – Anti-Violence Songwriting Program, five weeks from **June 30 – August 1**, Monday through Thursday, 10:00 AM – 2:00 PM.

*Schedule is subject to change. All changes will be updated prior to June 20, 2025.



WEEKLY STRUCTURE OVERVIEW

Time: 10:00 AM – 2:00 PM

Days: Monday – Thursday

- **Opening Circle** (10:00–10:20 AM)
 - **Daily Focused Activity**
 - **Lunch Break** (12:00–12:30 PM)
 - **Afternoon Creative Lab**
 - **Closing Circle** (1:50–2:00 PM)
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WEEK 1: Building Community & Exploring Anti-Violence Themes

Objective: Build trust, explore personal experiences, and understand anti-violence themes through guided discussion and journaling.

Lead: Chessy (Music Therapist)

Day	Morning Session	Afternoon Session
Mon 6/30	Opening Circle + Icebreakers	“What is Anti-Violence?” – Group Discussion & Reflection
Tue 7/1	Trauma-Informed Workshop #1: Safe Space & Identity	Journaling for Song Content: Writing Your Truth
Wed 7/2	Trauma-Informed Workshop #2: Breaking the Cycle	Story Circle: Sharing & Listening



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Thu 7/3 Guest Speaker / Group Dialogue:
Peace in Action

Choose Themes for Group/Individual
Songs

WEEK 2: Songwriting Foundations

Objective: Develop songwriting skills and begin lyric creation based on Week 1 reflections.

Lead: Stephen Lorek (Songwriting)

Day	Morning Session	Afternoon Session
Mon 7/7	Elements of a Song: Structure & Hooks	Writing Workshop: Brainstorm Titles & Choruses
Tue 7/8	Rhythm, Melody, and Lyric Exercises	Group Song Drafting Session
Wed 7/9	Metaphor, Imagery, and Personal Voice	Free Write & Peer Review
Thu 7/10	Collaborative Songwriting Lab	Finalize First Draft of Lyrics

WEEK 3: Composition & Pre-Production

Objective: Turn lyrics into full compositions and prepare for studio production.

Lead: Stephen Lorek (AM) / Mariano (PM)

Day	Morning Session	Afternoon Session
Mon 7/14	Chord Progressions & Arrangements	Introduction to Recording & Studio Tools
Tue 7/15	Build Song Maps & Form	Record Scratch Tracks & Demos
Wed 7/16	Rehearse Performance Delivery	Record Lead Vocals & Backing Vocals (as needed)
Thu 7/17	Edit, Revise, Refine	Work in Pairs – Hands-On Studio Session



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WEEK 4: Production & Refinement

Objective: Finalize recordings and prepare for the showcase.


Lead: Mariano

Day	Morning Session	Afternoon Session
Mon 7/21	Continue Studio Sessions	Sound Check & Mix Review
Tue 7/22	Edit & Layer Instrumentals	Peer Feedback & Mix Adjustments
Wed 7/23	Group Studio Time	Select Final Tracks for Performance
Thu 7/24	Rehearsal of Final Songs	Artist Statements + Concert Promo Planning

WEEK 5: Performance Prep & Showcase

Objective: Rehearse, reflect, and perform original songs in a public concert.

Lead: All Teaching Artists

Day	Morning Session	Afternoon Session
Mon 7/28	Stage Presence Workshop	Run-Through of All Songs
Tue 7/29	Concert Rehearsal #1	Feedback & Polish
Wed 7/30	Concert Rehearsal #2	Individual Coaching & Reflection
Thu 7/31	Tech Rehearsal at Teatro Esperanza	Closing Circle & Gratitude Ritual
Fri 8/1	 FINAL SHOWCASE	6:00 PM – 8:00 PM at Teatro Esperanza