

Harmony Healing

A Musical Journey of Hope

"When King Saul became afflicted with a depressed spirit, his attendants brought the young David to play to him. As David ran his hand over the strings of the harp and played, Saul found relief and felt good, and the evil spirit departed."

Music has a power beyond words. Feed your soul and nourish the cells of your body with music as Helene Kates guides you through this multi-sensory healing workshop filled with singing, chanting, studying, praying and dancing.

Helene shares her story of her struggle with Multiple Sclerosis and the music that arose out of her search for G-d and healing. Join her as we explore the steps on our personal, individual paths toward healing and wholeness.

Small to large groups (5 to 100+ participants)



Words Taking Wing

The Creative Power of Song

Take your creativity to a new level! Expand your expressive capabilities! Breathe new life into your words by transforming them into songs. No previous musical training necessary! Instruments are welcome but not required.

- Participate in individual and team methods of songwriting
- Learn the essential differences in song styles and structures
- Unlock the components of lyrics and melody
- De-mystify the elements of rhyme, rhythm, major and minor keys – and discover how to use them to express your story

For all ages, preschool to seniors. This workshop can be offered as part of a music or creative writing curriculum, a workshop series in schools, or designed for adults or women's groups. Option to produce a CD of students' work for family, friends and/or organization (advance arrangements required).

Small to medium groups (5 to 50 participants) depending on age.

Standing Before G-d

The Amidah

The Amidah (literally meaning "to stand") is recited in every prayer service. Using the original text as our basis, we'll explore what we would say communally if we were actually standing before G-d. Would our words be the same as those in the liturgy? What would be the melody that carried our words?

Experience the power of the songwriting circle. We'll create by listening, leaving space for each other's ideas and integrating individual voices into the whole, as we give form to our communal prayer and "sing unto G-d a new song."

Option to perform and/or professionally record the completed composition.

Small groups (5 to 30 participants)



Concerts

- The Baal Shem Tones (original Jewish music plus traditional favorites)
- Folk duo (a blend of stirring originals and well-chosen cover tunes)

Helene & Michael are also available solo or with a full band upon request.

Workshops

- Schools (preschool through college) & teacher in-service programs
- Family programs & community events
- Specialty groups (women, corporate, senior citizen)

Workshops typically range from 30-90 minutes and can be tailored to fit your organization or event. Expanded programs are also available for retreats and seminars.

Music & Audio Production

We specialize in working with independent artists who want to bring their vision to fruition at a reasonable rate without compromising production values. We can also help with specific aspects such as songwriting, vocal coaching, editing and mixing.

Consultation

We can coordinate artist relations, stage tech, logistics, public relations, printed materials and more for large or small festivals, concerts, etc. Please contact us for details.

Instruction

We provide one-on-one instruction on voice and most instruments for beginners through advanced, as well as lessons in songwriting, improvisation, ear training, studio technique and home recording skills.

Contact Us

To book concerts or workshops: (404) 256-0400
Other services: (615) 330-8396
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Helene & Michael Kates
Music and Workshops

"Lifts the spirit and the heart"
– Peninnah Schram, Author, *Tales of Elijah the Prophet*

Music

“Words are the pen of the heart...

melody is the pen of the soul” – Chasidic saying

Helene and Michael are a high energy spiritually driven Atlanta based-duo. They weave a variety of musical genres together seamlessly in emotionally potent songs that stay with you long after listening. With Helene’s crystalline vocals that capture a range of emotions in a single note and their unique melodic crafting, their performances and music will call you home.

Helene’s musical credits include lead performances with The American Youth Repertory at the Minskoff Theatre on Broadway, vocal soloist with the South Shore Big Band at Carnegie Hall and summer stock at the Hampton Playhouse.

You can hear the musical theater influence when Helene belts out a note that sparkles like a Broadway marquee, yet she is equally at home with a gentle folk song as she connects with quiet, internal strength.

Michael, an experienced session player and multi-instrumentalist has been playing in bands since his early teens, working with and performing alongside David Johansen and members of Bruce Springsteen’s E-Street Band. He was also actively involved in the New York Jazz scene where he studied improvisation under the late Sal Mosca for 11 years.

Helene and Michael began performing together in 1986. In 1999 they launched in a new direction, by writing original Jewish music as The Baal Shem Tones. Michael produced their debut neo-Chasidic album *All Our Lives* to international praise. The album follows their spiritual journey with breathtaking vocals and exquisite harmonies blended into exciting folk-rock and world rhythm arrangements.

As an outgrowth of this journey, Helene began developing her creative spiritual workshop series using music as a foundation. Now, in addition to their Jewish music as The Baal Shem Tones, they have branched out as mainstream Americana singer/songwriters with their engaging and memorable style of song crafting.



Workshops with Helene

“Building inner strength and community bonds”

Fabric of Faith

Exploring Jewish Femininity

“*Fabric of Faith offers, inspiration, connection and self-appreciation.*”

– Atlanta Jewish Times

Explore personal dreams, struggles, and challenges in our journey as Jewish women, as Helene takes us through the creative process she used in making her short film *Azor Li Lashir Lach*. Using music as an inspiration, we will create a personal virtual video in the mind’s eye through a variety of media including free-flow drawing and the written word. As we discuss and share our work we will illuminate our personal stories, embarking on a fascinating journey into the heart of our questions and the spirit of our commonality.



Small groups (5 to 30 participants)

“*Guided by Helene’s gentle and loving presence...sharing her personal journey and encouraging me to look in my spiritual mirror, I experienced healing, nurturing and personal growth that can only come from within.*” – participant, on *Fabric of Faith*

Prayer Beyond Words

The Nigun

“*Words are the pen of the heart, but melody is the pen of the soul.*”

– Chasidic saying

Experience a deeper level of prayer beyond words with nigunim (Chasidic wordless melodies). Still used today to prepare for prayer by increasing focus and concentration, nigunim transcend the limits of words and connect us to the deepest part of ourselves, our essence.



Together we will learn and sing these classic meditative nigunim. We will see the images, feel the connection and share the stories they tell us. We will then tell our own story by creating a new communal nigun.

Small to medium groups (5 to 50 participants)

“*Helene’s singing gives me inner peace. It gives me hope...The memory of this day will always be etched inside my heart. Thank you G-d for sending this angel our way today.*” – participant, on *Prayer Beyond Words*.

Creative Connections

Trust Exercises to Build a Supportive Community

In this workshop we will create sacred space in your classroom by building trust and cooperation. The students will strengthen their compassion toward their fellow classmates as they work together through a series of creative dramatic exercises. The workshop focuses on listening skills, attentiveness, and understanding our responsibility for the safety and well-being of one another. This program is also available to adult groups for creating community in the organization or workplace.

Small groups (5 to 30 participants)

Whispers of Shema

The Power of Listening: Meditation, Music and Movement

Bring a deeper sense of connection and focus to the Shema and, in doing so, create a sacred space to prepare for all our prayers.

We recite it in every prayer service and when we wake up and before we go to sleep. So many of us know the words by heart but what does this declaration of faith mean and how can we hear that G-d is one. How can we love G-d with all our heart, soul and might?

Explore together the power of connection to a deeper part of us through meditation, wordless melodies (nigunim) and movement. As we open up our hearts to truly listen and hear the quiet whisper of our inner voice, we strengthen our kavanah (focus and intent). We can feel bonds forming to each other and beyond, as we open the channels to experiencing the ultimate connection to that which is greater than ourselves.



Small to medium groups (5 to 50 participants)

“*I have rarely seen my students as engaged...even the most hyperactive were relaxed and accepting of the spirituality of the lesson. It was a joy to hear so many of them articulate what they felt...more importantly, they seemed to understand how praying with intent connected them with G-d, each other and themselves.*” – teacher of students participating in *Whispers of Shema*

Torah in Motion

Learning Springs to Life

Join this exciting family workshop where together we experience the drama of Torah through song, dance and creative theater games. Learn how the stories of our patriarchs and matriarchs teach us different aspects of G-dliness, as we uncover their lessons for our daily lives. Choose an overall survey or select one or two specific topics.

Small to medium children’s groups (5 to 50 participants) plus parents or teachers.