



The Metropolitan Youth Orchestra of New York  
**One SINGular Sunday**

**Sunday, February 10, 2019 | 10:00 AM - 4:30 PM**

**Jeanne Rimsky Theater  
Landmark on Main Street  
Port Washington, NY 11050**



## ONE-DAY CHOIR

Conducted by  
**David Fryling**

**David Fryling**

Director of Choral Studies, Hofstra University  
eVoco Voice Collective  
[www.davidfryling.org](http://www.davidfryling.org)

All Singers Ages 8-18 Are Welcome!

Music for the choir will be available for  
download through the MYO Office by  
February 2

## WORKSHOPS

Led by

**Steven Altinel and Andrea Gonnella**



**Steven Altinel**

Founder and Artistic Director of the Long  
Island Music Theatre Festival (LIMTF)  
[www.limtf.org/our-faculty/](http://www.limtf.org/our-faculty/)

**Andrea Gonnella**

Jericho School District  
Mindfulness Specialist



## REGISTRATION

Register by **February 1, 2019** for this **free event** at:  
[www.myo.org/event/one-singular-sunday/](http://www.myo.org/event/one-singular-sunday/)