



# SPIRIT OF THE RAINFOREST

## BAKA WOMEN'S SINGING WORKSHOP

For millennia the Baka hunter-gathering Pygmy people have lived at peace in the African rain forest. Theirs is one of the oldest and most sensitive musical cultures on the planet. Living amongst huge trees and only hearing natural sounds, they need to listen acutely: it is vital to their survival. This sonic awareness makes them extremely musical, and music has become as central to their lives as the forest itself. Song permeates their lives from the cradle to the grave, for ritual and healing and fun and games.

Su Hart first visited and stayed with the Baka in 1992 with her husband, Martin Cradick. Returning regularly to live and play music, a fruitful musical partnership has grown and evolved. Both Martin and Su have been accepted into the tribe and Su is one of very few outsiders to be initiated into the Baka women's singing secrets, such as "Yelli", an unbroken tradition used for calling the animals.

Martin and Su have been asked by the Baka to bring the singing and rhythms beyond their decreasing forest, this they have done through Su's acclaimed rainforest workshops and International performances with their band, Baka Beyond. See [www.baka.co.uk](http://www.baka.co.uk). They continue to carry out projects which the Baka ask for, consciously administering funds raised through these workshops and royalties in a way that aims to develop a sustainable future for the Baka people through the charity Global Music Exchange. See [www.1heart.org](http://www.1heart.org).

