

Breaking Free - The Transformative Power of Music

Christian Howes, Jazz Violin

Friday, Oct. 16 & Saturday, Oct. 17, 2026
University of the Pacific, Stockton, CA

Friday, Oct. 16 - Conservatory of Music, University of the Pacific
all events free entry

2:00-3:00 - Dean's seminar: Christian Howes - **Mastermind your Life in Music**
COM students

3:30-5:00 Up Close Workshops -
Prof. Christian Howes - Improvisation Masterclass -all instruments welcome!
COM students & faculty, area teachers and students

Dr. Peggy Coddling - Discovering Music Therapy in Forensics
COM music therapy students

7:00 pm Documentary "Redemption Time"
Faye Spanos Concert Hall

A multimedia performance film features jazz violinist Christian Howes and poet Jimmy Santiago Baca, who with searing honesty and artistic brilliance reveal the trauma of incarceration and the redemptive force of art. Followed by Q&A with Christian Howes.
For COM, university, and community members interested in the **arts, expression, and healing**

Saturday, Oct. 17 - Conservatory of Music

"Breaking Free: The Transformative Power of Music Improvisation"

9:00 am - 5:30 pm, Faye Spanos Concert Hall and Rehearsal Halls
all events free entry

Acclaimed violinist and educator, Christian Howes, along with a panel of musicians and music therapists explore the transformative potential of music improvisation. The day culminates with a concert featuring Howes and Pacific's jazz faculty and students.

8:00 - 9:00 am - Check in - Faye Spanos Concert Hall

9:00 am FSCH - Christian Howes - Improvisation Workshop

for all: music therapists, music educators, students, & community members

10:00 am FSCH "Redemption Time" - Christian Howes: Insights

Christian Howes discusses the power of art in transforming life

11:00 am FSCH - The Sounds of Change: Music Therapy in Correctional Settings

with Dr. Peggy Coddling, Professor of Music Therapy (retired),
Berklee College of Music, and California specialists in forensic music therapy

Join Dr. Peggy Coddling and other music therapists as they explore how music therapists use music to change the lives of people who have been incarcerated.

Noon = lunch on own,

or **"Introduction to College Life and Music!"** (pizza lunch for visiting students, teachers)

1:00 pm IRH - Clinical Improvisation in Music Therapy

with music therapists, students, and community

2:00 pm IRH - Jelani Brown: Exploring Hip Hop and Songwriting

open to all: explore beats, lyrics, and beyond

4:00 - 5:30 pm FSCH - Christian Howes Concert and Improvisation Jam

with Pacific Jazz Faculty, Jazz Ambassadors, & Friends

for COM, community, teachers, and students

For More on Christian Howes, his pedagogy on improvisation, and "Redemption Time":

<https://christianhowes.com>

<https://redemptiontimeshow.com>

"Thank you for an amazing and eye-opening experience.

Chris's approach is always affirming and inspires the student to believe in their own potential and unique musical voice. It's a wake-up call to everyone who says 'I can't improvise. Whatever level you have reached 'technically'- whether amateur, teacher, performer-Chris' teaching is life-changing, and will unlock your creativity through your instrumental voice."

Sally Beamish

Professional classical violinist & composer for theater, film & TV, "British Composer Award for Lifetime Achievement"