

Autumn Singing Weekend Retreat

2-4 October 2015

led by

Pauline Down and Rowena Whitehead

Trigonos Residential Centre Snowdonia

Cost £220-£250

A chance to nurture body, mind and spirit, to celebrate the season and prepare to welcome in the darker time of the year by re-connecting with yourself, with others and with your surroundings through SONG in a beautiful lakeside mountain valley in the Snowdonia National Park.

Luscious harmony singing from different vocal traditions, celebrating and honouring nature, the land and its people, with two highly experienced singing leaders well known for weaving moments of musical magic and joy into their workshops.



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