

Autumn Singing Weekend Retreat

11th - 14th October 2019

led by

Pauline Down and Rowena Whitehead

**Trigonos Residential Centre
Snowdonia**

Cost:

£255 - £295 Friday 11th - Sunday 13th October

£380 - £440 Friday 11th - Monday 14th October

A chance to nurture body, mind and spirit, to celebrate the Autumn Equinox 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 mountain valley in the Snowdonia National Park.

There will be luscious harmony singing from different vocal traditions, celebrating and honouring nature, the land and its people, led by two highly experienced singing leaders known for weaving moments of musical magic into their workshops.



For those who love walking, come rain or sun, **there will be** an optional all day singing walk with packed lunch in the glorious landscape around Trigonos. There's also the option of relaxing at the centre on that day. Please check availability. Early booking recommended.

For more details: paulinedown7@gmail.com, 07952 752823, www.trigonos.org

Some info about the singing leaders:

Rowena Whitehead's passion is to create a sense of community and connection through singing and to enable people to develop their vocal skills and confidence, whatever their previous singing experience.

She is a skilled facilitator and teacher with twenty years of experience as a voice teacher, singing leader, choir director and largescale community music events organiser. She is well known throughout the UK and beyond for her relaxed and engaging approach to enabling singing with groups of all sizes, ages and abilities.

Pauline Down is a singer, musician & composer with a passion for promoting and developing the use of singing and arts in healthcare and for community development with a particular focus on mental health. She leads choirs in South Wales and voice & singing workshops and holidays internationally. With a background in theatre, as musical director and performer, she currently performs with a cappella trio, 'Bread & Roses and storytelling duo, 'Adlais'.

Some feedback from our last Autumn Sing retreat at Trigonos:

Thank you for superb coordinated well led singing in a perfect setting with its mixture of wildness, passion and serenity.

So many lovely moments – the improvisation, the silent walk through the slate woods...the singing was superb.

Perfect combining gorgeous singing with amazing scenery

So enjoyed the singing and the walk. Love to stay longer with more walks and countryside.

Comfortable rooms and delicious food

Venue absolutely magical

For more information about the venue: <http://www.trigonos.org>

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