

SongWaves

with **Pauline Down**



**A nourishing retreat for body and soul
Connecting with our surroundings
Exploring vocal improvisation
Resonance and freedom
Indoors and outdoors**

Hill Cottage Retreat Centre

Rhos-y-meirch, Knighton, Powys, LD7 1PD

17th – 19th May 2019

**Fully residential
Cost: £250 single £230 shared twin**

**Booking: £50 deposit:
paulinedown7@gmail.com**

**More info:
<http://hillcottageretreats.co.uk/rhos/pauline-down-songwaves/>**



Pauline has worked for many years as a singing and voice leader and composer both locally and internationally. She is a founder member of the Natural Voice Network.

Her love of spontaneous singing comes originally from her background in the anarchic world of theatre impro and clowning as well as from her extensive experience of using singing to promote health and well-being with all ages. Her workshops are renowned for their warmth, playfulness, humour and fun as well as for their moments of musical magic!

Pauline currently lives in Cardiff where she leads three choirs in the community, one with a mental health focus. She also leads a Singing in Care Homes project involving her own compositions using words spoken by elders living with dementia. She is involved in schools work as a creative agent and mentor.

Pauline performs regularly as part of the storytelling duo Adlais with Michael Harvey and as part of the vocal trio Bread & Roses with Frankie Armstrong and Laura Bradshaw.

It is deeply satisfying and refreshing to sing intuitively in response to other voices and in response to nature.

Improvising vocally with others requires respectful attention as well as spontaneity that practised together can bring a profound feeling of joy.

Booking and info: paulinedown7@gmail.com 07952752823

I don't sing because I'm happy, I'm happy because I sing

<https://www.paulinedown.com>