



the listening heart

-with **Tim Jones**

Lincoln: March 2nd – 4th 2018: (2nd eve only)

The weekend aims to develop confidence, range and ease in sounding and singing and listening. Tim's non-judgmental approach opens our hearts to inner and outer sound. From an Indian meditative voice tradition, Tim uses simple chants, songs and exercises that help develop sound awareness within a relaxed and welcoming atmosphere.

This approach to singing tunes us in body, voice and feeling. An inner sense of alignment and ease develops from opening to our felt sense of vibration and resonance and to the movement of our bodies. The music is in you! Our sense of listening widens and we hear afresh.

Singing together is a pleasure as we sound the *Seven Shining Tones* and the melodies from a devotional tradition that honours sound as a path of presence.

*Song, as you teach it, is not desire, not
a wooing of something that's finally attained;
song is existence....
learn to forget how you sang....
Real singing is a different kind of breath.
A nothing breath. A ripple in the god. A wind.
- RAINER MARIA RILKE 'Sonnets to Orpheus'*

Cost: £95.

Times: Fri eve 7.00 – 9.00; Sat and Sun 9.45 – 4.30

Booking and further information: Please contact Jennie Kerrigan - jenniekerrigan@hotmail.com

Tim Jones has been facilitating workshops and teaching voice for 30 years. He studied South Indian devotional music with K.R. Sivasankara Pannikar over a 25 year period, and is a registered teacher of Amerta Movement.

The name **The Nature of Sound** brings together two ideas: that of the sound world of our natural environment - birdsong, wind, traffic, the natural sounds of human expression - with that of a feeling for sound's own nature, sound's own soul. Do visit my new website: www.thenatureofsound.com

Tim may also be able to offer some individual sessions on Monday 5th at a charge of £25 in a small group. Further info about this on booking."