



co-facilitated by Tim Jones and Michael Dick

Folke Manor Dorset

October 12th–15th 2017

Please choose a song from any time in your life, a lullaby, an aria, a pop song, a song that was sung to you, or that you just heard on the radio. Trace the thread of your connection to that song. Perhaps it reflects a theme that is current in your life, or expresses a passion that still burns, or reminds you of an important time and place of your life. Or you just like it! Bring this song.

Songworlds is a creative conversation through song, inquiry and the practice of Amerta Movement*1. Whether you already sing or are amongst those who feel “I can’t”, everyone is welcome. The invitation is more to be present to ourselves and to what touches us in the moment. Individual and shared memory of song becomes a resonant field for exploration and creative engagement.

Since 2001, *Songworlds* workshops have been a time for personal process and professional application, mainly in the field of the arts. Since 2014, working in Italy, interest in its therapeutic implications has become an added focus. This workshop in Dorset will be the first *Songworlds* offered in England.

“To begin a conversation is to open to a recognition of commonality, to things we can only value and share together”*2

We are very much looking forward to this.

Our fields of reference are:

- Amerta Movement may be seen as cultivating an embodied approach to life through the practice of movement. It reaches into a movement world that is uniquely sensitizing and integrative where a knowing inherent to body and body-in-movement can be experienced as a source for objective guidance.
- Songworlds rituals, dialogues and elementary sound practices challenge unconscious veils of memory evoked in us by song. This creates a resonant field for exploration of our collective and individual motivations and themes.
- Inquiry is an open ended practice and tool for self-realization. To discriminate between ordinary and essential experiencing will have implications on all areas of our exploration in this workshop.

*1 Amerta Movement: Embodied Lives – Triarchy Press, 2014

*2 quote - Rowan Williams

Facilitators/Tutors

Tim Jones

Singer, storyteller and teacher, Tim founded the *The Nature of Sound* in 1989. The name brings together the sound world of our natural environment - birdsong, wind, traffic, the natural sounds of the human expression - with a feeling for sound's own nature, sound's own soul. From this he has created performances and public workshop programmes. Amerta Movement Practitioner since 1989, and studied Carnatic music with Sivasankara Pannikkar 1984 – 2007; qualified Craniosacral practitioner since 1994. He is a member of the Ridhwan School.

www.thenatureofsound.com

Michael Dick

Movement practice in continuous studies with Suprpto Suryodarmo since 1985; Amerta Movement Practitioner and teacher for 'BeWegen'. 30 years of professional experience as actor, director and performance artist; teacher for drama and improvisation; practicing and guiding Sumarah-Meditation; Iokai Meridian Shiatsu practitioner. As a long term member of the Ridhwan School, Michael practices the Diamond Approach and follows their Seminary Training Programme.

www.schule-der-bewegung.net

Booking and Accommodation

Workshop Venue

Folke Manor Farm in Dorset provides comfortable accommodation within beautiful grounds. There is also a very nice swimming pool for our use.

<http://www.folkemanorholidays.co.uk/>

We will mostly work at Bishops Caundle Village Hall. When the weather is good there is the possibility to work in the grounds of Folke Manor Farm.

Food - lunch and dinner will be provided on the first day, after which we will cook together, sharing costs.

Workshop times

Thursday arrival and settling in: we start with a light lunch at 13:00: first session from 15:00 - 18:00; 19.30 – 22.00

Friday, Saturday: 10:00 - 13:00 and 16:00 - 19:00

Sunday: 10.00 - 13.00 and 14.30 - 16.30

The timings can be adjusted according to how the seminar develops, with the agreement of participants. We might like also to include some early morning sessions.

Registration and payment

There is a limit of 9 participants so early booking is advised.

The workshop cost is £350.00 (includes tuition and accommodation) with an **early bird price** of £320 if paid by 1st August.

Full registration is completed on receipt of a deposit of £175/160.

The remainder of the seminar fee should be received at the latest by September 1st

Participants can make payment by bank transfer or by cheque. Cheques should be made payable to 'The Nature of Sound'.

Bank transfer details:

Bank: HSBC

From England:

Acc name: The Nature of Sound

Acc. No. 91484001

Sort Code: 40-47-28

From abroad:

IBAN: GB20MIDL 404728 9148 4001

BIC: MIDLGB2165H

Reference: Songworlds Dorset

Cancellation Policy

Full refund is possible up to September 1st. After that a refund is only possible if a replacement participant is found.

Please feel free to contact us for any open question!

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Tim Jones Tel 0044 1963 23792 / tim@thenatureofsound.com