

WORKSHOP for anyone who wants to

Sing, dance, have fun & grow

Only £19.99 for 3 nights

Friday 23rd-Monday 26th April 2004

What happens in the workshop will be decided by what the co-counsellors taking part have to offer. However here is my fantasy of what we might do;

Music and Therapy

- Sweet Soul Music - sing to share your soul
- Entrainment - music against depression
- Five Rhythm - dance your life
- Authentic Movement – silent dance (but your heart sings)
- Musical hurts healed with psychodrama - disco wallflower? Sid Vicious shadow side? Bay City Roller trauma?
- Dig out those old circle dance tapes
- Play Humbugs
- Compose & share your own songs
- Regain the full use of your vocal chords at voice workshops
- Relive Fame and dance on the dining tables

Music as Ritual

- Be welcomed
- Be amazed
- Belong

Music for Fun

- Bring instruments (plus beginners' manuals or your stories of supporting the Stones)

The workshop will be Yorkshire. We'll share the cooking and tidying up.

Bring veggie food to share.

Children are welcome, but places are limited. (Under-5s are free.)

Start Making Your Own Kind of Music Now: Turn over to book