

**WORKSHOP** for anyone who wants to

**Sing, dance, have fun & grow**

*Only £19.99 for 3 nights*

**Friday 23rd-Monday 26<sup>th</sup> 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 for Fun***

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

***Music as Ritual***

- Be welcomed
- Be amazed
- Belong

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**