



Songs with Spirit ... Songs for the Soul

An invitation to start the week singing beautiful *a cappella* harmonies in a small group, in the exquisite acoustic and beautiful surroundings of the Roselidden centre for creativity and contemplation.

At '***Songs with Spirit, songs for the Soul***' we will learn and sing songs with meaning and purpose, songs of protest, peace, praise, change, celebration, love, loss and devotion.

Numbers will be limited and the repertoire tailored to the range and experience of the group. It will be most suitable for singers who would enjoy the challenge of holding a part with 2 or 3 other voices. The atmosphere will be gentle and supportive and we will concentrate on blending our voices in powerful, meaningful harmony.

Although the songs will be taught and led we will sing in the round and there will be space for those who wish to lead songs, sing calls and improvise harmonies. A commitment - as far as possible - to attending all sessions will be important for the cohesion and integrity of the group. The intention is to create a space for meditation through song.

'***Songs with Spirit, songs for the Soul***' will be facilitated by **Pip Wright**, a local choir leader, teacher and community musician with a passion for singing to enhance wellbeing and connection. Pip is a *Natural Voice Practitioner* who enjoys helping people find, express and develop their own voices through harmony singing.

The format of each session will be: 10 minutes quiet reflection and contemplation linked the songs we will sing; 5 minutes gentle warm up; 90 minutes singing; 15 minutes relaxation with hot drinks provided - where you can choose to be alone for quiet reflection or to socialise with other members of the group in the calm space of the Roselidden barn or grounds.

- ♪ **When:** 6 x 2hr hour sessions, 9.30 to 11.30, Monday mornings
- ♪ **Dates:** 26/1, 2/2, 9/2, (**not** 16/2 - half term) 23/2, 2/3 & 9/3
- ♪ **Where:** Roselidden Centre for creativity and contemplation,
Trevenen Bal, just outside Helston
www.roselidden.co.uk
- ♪ **Cost:** £48* payable in advance (*2 x bursary places available at £30)

If you have any queries about whether this course is suitable for you, you are welcome to ring Pip on 01736 763766

To book a place:

Please contact **Joceline Rennie** on **01736 600258** or email: **jocelinerennie@gmail.com**

Numbers will be limited to no more than 20 singers