

Nada Yoga with Stefan Cartwright

Exploring the Power of Sound and Silence



2008 Courses: Hawkwood College, Stroud, Gloucestershire

Hawkwood College is an early 19th century country house built on an ancient site. Situated at the head of a small Cotswold valley, it provides a beautiful and peaceful setting for creative education and spiritual retreat. It is surrounded by extensive grounds, including gardens, pastures and woodlands. Nearby Stroud (2 miles) is served by an excellent train, bus and road network.

Saturday 12 April

Finding The Voice - workshop

Can't sing? Can't sing well? Sing well but know it could be easier? Would you like to find your natural voice?

The workshop led by Stefan Cartwright will guide you to your natural voice and innate musical ability. Vocal work is supported by simple yoga and relaxation techniques, freeing body and mind to free the voice. Sound and music have a powerful effect on our wellbeing. *Finding The Voice* is a way into that power.

£59

Friday 27 – Sunday 29 June

Using Sound for Deep Relaxation

This practical weekend explores the use of sound to facilitate yoga nidra. In this open, simple approach, there are no barriers to creativity. Prior musical training is unnecessary and we use simple, easy to play instruments rich in harmonics and resonance. What is important is our capacity to listen and respond with awareness. Working together in a supportive group environment we will give and receive 'sound baths' and develop confidence in using Tibetan singing bowls, gongs, bells, shruti box and the human voice. The retreat is complemented with meditation, gentle hatha yoga and relaxation.

£190 non residential

£225 shared accommodation

£255 single room

To book contact Stefan on 01453 751588

Friday 24 – Sunday 26 October

Being The Music: Nada Yoga

Being The Music explores our innate capacity for music in a beautiful and peaceful retreat setting. Over the week we work with the voice and simple instruments, develop our listening and musical skills and explore the effect of sound on our wellbeing. The retreat is complemented with meditation, simple yoga and deep relaxation.

£202 non residential

£236 shared accommodation

£256 single room

All prices include meals and refreshments.



FURTHER INFORMATION

Contact Stefan on 01453 751588
or mail@resona.co.uk

BOOKINGS

All booking are through Hawkwood College unless otherwise stated.

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