

# Autumn Singing Weekend Retreat

7<sup>th</sup> – 10<sup>th</sup> October 2022

led by

**Pauline Down and Rowena Whitehead**

**Trigonos Residential Centre  
Snowdonia**

**Cost:**

**£260 - £300 Friday 7<sup>th</sup> – Sunday 9<sup>th</sup> October**  
**£390 - £450 Friday 7<sup>th</sup> – Monday 10<sup>th</sup> October**

A chance to nurture body, mind and spirit, to celebrate the Autumn Equinox and prepare to welcome in the darker time of the year by re-connecting with yourself, with others and with your surroundings through SONG in a beautiful mountain valley in the Snowdonia National Park.

There will be luscious harmony singing from different vocal traditions, celebrating and honouring nature, the land and its people, led by two highly experienced singing leaders known for weaving moments of musical magic into their workshops.



For those who love walking, come rain or sun, there will be an optional all day singing walk with packed lunch in the glorious landscape around Trigonos. There's also the option of relaxing at the centre on that day. Please check availability. Early booking recommended.

For more details: [paulinedown7@gmail.com](mailto:paulinedown7@gmail.com), 07952 752823, [www.trigonos.org](http://www.trigonos.org)

## **About the singing leaders...**

Pauline and Rowena have been co-leading singing residential and training courses for singing leaders for many years, and we love working together.

*Pauline is a singer, musician and composer dedicated to promoting singing for health and wellbeing. She leads choirs in South Wales and singing workshops and holidays internationally. Passionate about vocal improvisation, folk and jazz, Pauline performs with a cappella trio Bread & Roses.*

*Rowena's passion is to create a sense of community and wellbeing through the magic of harmony singing. Based in Cambridge, she leads choirs, singing for health groups and singing residential throughout the UK and beyond and is well known for her relaxed and engaging teaching style.*

## **Feedback from previous Autumn Sing retreats...**

*Thank you for superb coordinated well led singing in a **perfect setting** with its mixture of **wildness, passion and serenity**.*

*Your teaching made the singing sessions so **enjoyable**, challenging but not too difficult. I loved how we **connected with the beautiful landscape**, both singing outside and through the **picture windows**.*

*Perfect combining **gorgeous singing** with **amazing scenery***

*So enjoyed the singing and the walk. **Love to stay longer** with more walks and countryside.*

*Comfortable rooms and **delicious food***

*Venue absolutely **magical***

For more information about the **venue**: [www.trigonos.org](http://www.trigonos.org)

For **booking** information: [paulinedown7@gmail.com](mailto:paulinedown7@gmail.com)