

# SongWaves

with **Pauline Down**



**A nourishing retreat for body, heart and soul  
Connecting with our surroundings  
Spontaneous embodied singing:  
Resonance and freedom  
Indoors and outdoors**

## **Hill Cottage Retreat Centre**

**Rhos-y-meirch, Knighton, Powys, LD7 1PD**

**8<sup>th</sup> – 10<sup>th</sup> July 2022**

**Fully residential  
Cost: £280 single £260 twin**

**Booking: £80 deposit:  
[paulinedown7@gmail.com](mailto:paulinedown7@gmail.com)**



***Pauline has worked for many years as a singing and voice leader and composer both locally and internationally. She is a founder member of the Natural Voice Network.***

***Her love of spontaneous singing comes originally from her background in the anarchic world of theatre impro and clowning as well as from her extensive experience of using singing to promote health and well-being with all ages. Her workshops are renowned for their warmth, playfulness, humour and fun as well as for their moments of musical magic!***

***Pauline currently lives in Cardiff where she works as a choir leader, including for an award winning arts project working with ex service men and women living with PTSD. She has also used singing extensively in health care settings including with elders living with dementia and their carers.***

***Pauline performs regularly as part of the storytelling duo Adlais and the vocal a cappella trio Bread & Roses.***

**It is deeply satisfying and refreshing to sing intuitively in response to other voices and in response to nature.**

**Improvising vocally with others requires respectful attention as well as spontaneity that practised together can bring a profound feeling of joy.**

*'an enriching retreat that you led us through so skillfully. It felt both deep and nourishing, and also light and playful.....'*

*'The food was delicious and hosts were very warm and friendly'*

*'joy, freedom and relaxation, and learning to listen more deeply.....'*

*'the weekend was one of feeling such a sense of connection with the humans, the land, and our voices, in such harmony, truly food for the (my) soul'*

*I don't sing because I'm happy, I'm happy because I sing*

<https://www.paulinedown.com>

Booking and info: [paulinedown7@gmail.com](mailto:paulinedown7@gmail.com) 07952752823