

The Joy of Singing

with

Pauline Down



A nourishing retreat for body, heart and soul

Singing songs that celebrate Autumn's glory

Giving voice to embodied improvised singing

Finding resonance and freedom

Indoors and outdoors

Trigonos Residential Centre, Nantlle, Snowdonia

LL54 6BW

6th – 8th October 2023

Fully residential

Cost: £380 single ensuite

£360 single shared facilities

£350 double ensuite

£330 twin shared facilities

Booking: £80 deposit:

paulinedown7@gmail.com



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

Her lifelong joy of harmony singing began at a very early age.

Her love of spontaneous singing comes originally from her background in the anarchic world of theatre impro as well as from years of experience using singing to promote health and well-being with all ages.

Pauline's workshops are renowned for their warmth, playfulness, humour and fun as well as for their moments of musical magic!

She lives in South Wales where she 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 and can bring profound feelings of connection and joy

Combining gorgeous singing with stunning landscape whilst honouring a special time of year = good soul food

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

'the singing was superb' 'venue absolutely magical!' 'comfortable rooms and delicious food'

'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 07952 752823