

Nightingale

Nosh:

Eat, sing, play, explore.

Begins Sunday 1st February 2009 @ 5.30pm!

This monthly drop in session combines community, creativity, self exploration, self expression, hearty food, & singing for the sheer pleasure of it.

1st Sunday of the month Feb - Nov, 2009. 5.30- 8/8.30pm.

\$20/ \$15 conc.

There are three phases to your Nightingale Nosh Experience:

1. PLAY AND EXPLORE:

First you will be invited to enter the "vocal playground." Here you can explore your voice and express your Self, while connecting with others through vocal games, experimentation, and nurturing and contemplative vocal experiences.

2. EAT:

Socialise with your fellow vocal explorers while indulging in hearty vegetarian soups and breads.

3. SING:

Round off your evening with an experience of a capella (unaccompanied) group singing which draws on the values of the *Vocal Nosh* philosophy. These include:

Singing with, not to
Creative participation
Creating safe places
Working together
Nourishment

Health
Empowerment
Meaningful relationships
between art & people
Active learning

Respect and inclusiveness
Community
Care and encouragement

(See
<http://cmv.customer.netSPACE.net.au/VocalNoshPhilosophy.html> for more details
about the Vocal Nosh philosophy.)

N.B. Bookings preferred by the previous Friday if possible to help with meal catering. Drop ins welcome.

Phone Raelene 0439 722 470

ALL WELCOME!

NO EXPERIENCE NECESSARY.

About the facilitator:

Raelene Bruinsma is a Registered Music Therapist, singer songwriter guitarist, & vocal specialist. She completed a Bachelor of Music Therapy (Hons) at Melbourne University in 1993, & has also studied jazz and contemporary music at NMIT, trained in a range of vocal styles with many teachers, and is currently training in the Estill system of voice. She is passionate about singing & the potential of voicework to catalyse empowerment & positive change. Raelene works with private clients, leads community choirs, and has facilitated numerous workshops around the use of voice and healing.

