

# A series of four weekend workshops

Hawkwood College, Stroud 2010/2011

## *Music Another Way*



*Living Sound*

9-11 April 2010 & 1-3 April 2011

*Finding The Voice*

11-13 June 2010 & 10-12 June 2011

*Rhythms of Life*

10-12 Sept 2010 & 9-11 Sept 2011

*Intuitive Music*

15-17 Oct 2010 & 28-30 Oct 2011

Course Design and Tutoring: Stefan Cartwright assisted by Erik Huele.

With guest contributors Barry Mason, Richard Parker, Lina Lotto and Andrew Hodges.

# *Let Your Music Flow!*

**Music Another Way** is a series of four weekends running throughout the year. It offers a simple route into creative music making which does not rely on reading notation or playing in a particular idiom. Each workshop focuses on a different theme and is centred around playing together in a supportive group space using the voice and easy-access musical and percussive instruments. The workshops are: **Living Sound** (bringing harmony into our lives through sound and music) **Finding The Voice** (singing with confidence, ease and musicality), **Rhythms of Life** (group drumming and percussion) and **Intuitive Music** (group creative music making).

The weekends attract a mix of people of different ages, backgrounds and musical interests, from complete beginners to experienced musicians, making for a fun and vibrant atmosphere. It doesn't matter whether you think you are musical or not, simple ways are introduced to get you started and bring the best out of your playing. For trained musicians the course offers fresh perspectives and the opportunity to play more spontaneously with others. This can be liberating if you haven't had much experience of playing without sheet music. CPD certificates are available upon request.

**Music Another Way** is led by Stefan Cartwright. His musical experience spans three decades and includes composition, performance, recording, instrument development and working with sound and music in a therapeutic context. He has been practising and teaching yoga since 1995 and is a student of Indian raga, studying vocal music with Pandit Barun Kumar Pal. He is accompanied by a team of skilled contributors. Erik Huele is a pianist, choir leader and qi gong instructor from Holland. He has a background in jazz and improvising music and has recently recorded an album of Erik Satie compositions. Andrew Hodges studied classical violin at the Royal Academy of Music, currently plays with the Cheltenham Symphony Orchestra, is leader of the Stratton String Quartet and facilitates music improvisation workshops. Barry Mason, Lina Lotto and Richard Parker have a wealth of experience playing and teaching drumming and percussion within different community settings.

*Living Sound* 9-11 April 2010 & 1-3 April 2011

**Living Sound** explores how sound and music can be used to bring harmony into our lives, through exercises which help us to deepen and refine our perception of sounds, and working with instruments known for their harmonious and resonant qualities, such as Singing Bowls, Gong, Lyre and Drum. Led by Stefan Cartwright accompanied by Erik Huele.

*Finding The Voice* 11-13 June 2010 & 10-12 June 2011

**Finding The Voice** will guide you to your natural singing voice, taking you step-by-step from basic technique to singing with confidence. It looks at breathing, physical posture and vocal production, and includes movement and relaxation practices which encourage awareness of the body. You will learn to sing the notes and intervals within the octave and in the process discover a simple framework which supports creativity and musical development. Singing is accompanied by the Shruti Box, Lyre and Piano. The workshop is suitable for anyone who feels they can't sing and anyone who would like to sing with greater ease and musicality. Led by Stefan Cartwright accompanied by Erik Huele on Piano.

*"I arrived a bag of nerves & finished the day on a high, with my heart singing freely with a group of people singing from their hearts, singing a song that was ours, but never to be sung again. What a beautiful & joyful experience."*

*Rhythms of Life* 10-12 Sept 2010 & 9-11 Sept 2011

**Rhythms of Life** provides an easy way into drumming and playing percussion, taking you step-by-step from getting to know your chosen instrument and how to play it, through to confidently and freely expressing yourself within the group sound. The fun and stimulating workshop includes practices which encourage awareness of the body and surroundings, enabling you to hear others while playing what you feel. A range of traditional and contemporary instruments are provided including the Hang, Udu, Tongue Drum and different African Drums. Led by Stefan Cartwright accompanied by Barry Mason, Lina Lotto and Richard Parker.

*Intuitive Music* 15-17 Oct 2010 & 28-30 Oct 2011

**Intuitive Music** provides an easy way into group music-making. In this creative and liberating workshop there are no wrong notes. Simple fun ways are introduced to bring the best out of your playing including games which encourage spontaneity and inventiveness. A range of easy-access acoustic instruments are provided including Sansula, Lyre, Tongue Drum, Kalimba, Freenotes and Shruti Box and you are welcome to bring your own. Led by Stefan Cartwright accompanied by Erik Huele and Andrew Hodges.

*"Suddenly, from out of silence and without pre-planning we are creating interesting fresh music with shape and intensity, space and subtlety. Unscripted joyous music which is a response to the acoustics of the room we are in, the combination of instruments, and the mood of the players: music which is perfect for the time."*

## *The Venue*

The venue, Hawkwood College is an early 19th Century country house set in 42 acres of beautiful gardens, woods and fields. All guests are free to wander the grounds at their leisure. Situated at the head of a small Cotswold valley, it provides an ideal setting for creative education and peaceful retreat. Nearby Stroud (2 miles) is served by an excellent train service, (2 hours direct to London Paddington), bus and road network. Website: [www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

## *Booking*

Fees per weekend: residential single £248; residential shared £228; non residential £188. This includes superb meals with vegetarian and special diets catered for. £50 discount (off the total price of four weekends) given for those taking the whole course.

Bookings: 01453 759034

Enquiries: [mail@innatmusic.co.uk](mailto:mail@innatmusic.co.uk)

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