



OFFERINGS

to book, please email me at
eleanorgibsonmusic@gmail.com

WINTER SOLSTICE SONG CIRCLE

an invitation to slow down as the year draws to a close:

to take a moment to come into stillness as the sun
appears to stand still over the Tropic of Capricorn.

We'll start with a gentle warm up and learn some simple songs that reflect
this time of year. After a cuppa, we'll sing together to co-create a calm,
reflective space.

What would you like to let go of?

what would you like to welcome in?

Come and join me on Thursday 21st December, 7-9pm
at Cotterstock village hall, £10

ALCHEMY

Humans have been gathering to sing together through the ages, creating
community and wellbeing. In Collaborative Vocal Improvisation we come into
the present moment and sound or sing what is alive in us, what wants to be
expressed right here, right now.

We'll warm up with gentle movement and sound, exploring our voices: no right
or wrong; the voice you bring will be welcomed into the space. Then we'll
explore sounding together, using simple games and structures to create a safe
space for our voices: there's nothing to learn or remember, simply an invitation
to be present.

Vocal Improvisation offers a way of being together which is inclusive,
affirmative, collaborative; it may be playful, meditative, inspired, ethereal or
earthy: always surprising, always magical.

Saturday January 20th, Cotterstock village hall, 2-4pm £15

VOCAL TAI CHI

Maybe you've been told you can't sing, or you love to sing but you feel shy, or
you want a safe gentle space to experiment with your voice?

Vocal Tai Chi is a way of exploring your voice, supported by gentle movement
practices and drawing on the essence of Tai Chi: co-ordinating breath and body,
grounding, centering, energy, flow and presence.

It is also a way of exploring yourself through your voice: your voice is as unique
as your fingerprint, reflecting who you are and how you are in each moment.
The voice comes from the body, vibrates in the body, and through gentle
exploration can be a portal to our inner lives, bringing mind, body and spirit into
alignment. We may begin with an intention or enquiry, or simply sink into the
moment to see and hear what is present, allowing what is hidden to come to
light.

This year I have been an apprentice in Vocal Tai Chi, exploring my own voice
and self and learning how to facilitate that exploration for others. For the
moment I am offering a free exploratory session for anyone who is interested -
sessions by arrangement.