

Who is the Course for?

This course is for EVERYONE who wants to explore 'The Healing Art of Music' whether for reasons of PERSONAL or VOCATIONAL DEVELOPMENT.

It is designed to expand your vision of therapeutic musicing today to include: ♦ Community & ♦ Educational Music Therapies ♦ Sound Therapy & ♦ World Music Healing Practices.

It's sure to bring new insights and inspiration to ♦ Music & ♦ Sound Therapy practitioners and benefit the work of ♦ Voice Therapists ♦ Doctors ♦ Social and Curative Workers.

You'll find the sessions will benefit your well-being and be inspiring & practical. A BOOKSHOP OF RESOURCES linked to the workshop themes will also be available.

Testimonial

As a music therapist I am impressed at the sensitive and original investigation Tonalis gives to music. Its perspective is important for anyone concerned with the therapeutic use of music.
Dr. Gary Ansdell - Head of Research at the Nordoff-Robbins Music Therapy Centre

Course Leader

Michael Deason-Barrow is the director of 'Tonalis: Centre for the Development of Music' which offers Trainings in the fields of Social Therapeutic Musicing, Singing and Music Education. He is an innovator who has taught at all levels from Universities and the Nordoff-Robbins Music Therapy Training, to special needs education and singing therapy. Increasingly he is being recognised for being that rare exponent in music, an expert with a universal attitude, a specialist equally at home with professionals and non-specialists alike.

Early Bird Fees: £180 (for booking by May 15th) **£188** (by June 15th) **£195** (thereafter)

Concessions: £170 for practising music therapists, OAPs, full-time students and people on income support, when booked with evidence by May 15th

Times: Sat: 12noon - 7:00pm; Sun, Mon & Tues: 10am - 6pm; Wed: 10am - 1:30pm

Meals: Bring & Share Lunches or Local cafés. Tea & Coffee will be provided.

A Registration Letter incl. travel directions will be sent on receipt of your application.

Tonalis, 4 Castle Farm Close, Leighterton GLOS GL8 8UY



APPLICATION FORM - THE HEALING ART OF MUSIC

Please complete and send to the above address, with a non-refundable £40 Deposit/Admin. fee payable to 'Tonalis'.

Name: _____ email: _____

Address: _____

Postcode: _____ Tel: _____ Mobile: _____

Would you like to receive an accommodation list of local B&Bs and family hosts (c.£22/night)?

Yes ☐

No ☐

The Healing Art of Music

Explore the Unique Relationship between Music, Health & Wellbeing



Music for the Whole Human Being

• Body • Mind • Soul & • Spirit
A Question of Balance and Harmony

Tonalis

Led by Michael Deason-Barrow

25th - 29th 1:30pm JULY 2015

VENUE - Tonalis Music Centre, Stroud, GLOS, GL5 1BB
Enquiries: Tel. 01666-890460 info@tonalismusic.co.uk

> The Harmony of the Whole Human Being

"Think of the human being as an orchestra.
When we're in good health (i.e. when we are sound)
the instruments in our orchestra play in tune.
When we're sick, one instrument plays flat, another sharp."
(Don Campbell)

'THE HEALING ART OF MUSIC' IS ALL ABOUT EXPLORING
THE POSITIVE EFFECTS MUSIC CAN HAVE ON OUR HEALTH.
(N.B. The Middle English word 'HEAL' meant 'TO MAKE SOUND'.)

On this course you'll have the opportunity to explore
some of the deep laws that underlie sound and music,
and to explore this knowledge in connection with the human being.

> The Human Being as a Symphony of Sound

Music is often seen as Therapy for our **SOUL** and a way of connecting us to our **FEELINGS**.

But music also nourishes and works specifically on:

- i) OUR PHYSICAL BODY, ii) OUR LIFE FORCES
- iii) OUR HIGHER SELF/SPIRIT & iv) OUR COGNITIVE LIFE.

When we are **healthy**,
each of these elements of our being interact in mutually beneficial ways.
(N.B. The word 'HEALTH' comes from the Old English word 'HAL' signifying 'WHOLENESS'.)

Illness, on the other hand,
arises when the balance of our wholeness becomes disturbed,
or one part becomes too one sided - namely we become discordant.

*So come on a special journey and explore how you can
use the 'elements of music' in specific ways to nourish
your BODY-MIND-SOUL AND SPIRIT.*

Through doing this you'll find new ways to restore
BALANCE AND HARMONY TO YOUR OWN HEALTH & OTHERS.

OTHER KEY THEMES WE'LL EXPLORE

Music supplies us with many of the primal metaphors we use in our everyday speech.

We speak of:

being of 'sound mind' & having 'sound health'
things being 'harmonious' or 'discordant'; & something that is 'finely tuned';
calling a piece of news 'music to my ears' & ideas that 'resonate with us'.

So come and explore the following themes

in relationship to 'THE HARMONY OF THE HUMAN BEING'.

> The Healing Voice - The Whole Human Being Sings

For thousands of years the therapeutic power of the voice has been an integral part of healing in cultures all over the world. Because sung tone vibrates through our whole being - body, mind, soul and spirit - you'll find it stimulates the healing energies of our life forces to bring into movement again any blocked energies that are causing imbalance. So come and explore **New Paradigms in the Emerging Field of Singing Therapy**.

> The Inner Life of Tone, Intervals and Scales

This course will explore with you subtle aspects of the inner life of tone in order to help you shed new light on deep truths connected to vibration and resonance. It will investigate:

- the way the elemental voices of different instrumental materials tone our being
- the unique therapeutic qualities of different intervals and scales
- how different intervals can be linked to our physiology (e.g. the 5th with our lungs).

> In Tune or Out of Tune - Natural vs Man-made Tuning

The course will also investigate the use of 'Natural Tuning' - derived from the 'Harmonic Series' - as opposed to the man-made 'Western Tempered Tuning' where each interval is slightly out of tune with nature's laws. N.B. We'll use beautiful bronze gongs to do this.

> Music Therapy with World Musics

There is a growing interest today in ancient healing traditions which have music as their core, not least because Music Therapy is often limited by the way it is embedded in Western cultural practices. So come and discover how particular World Musics can help you create new therapeutic possibilities (e.g. the use of the Javanese scale, Slendro, in palliative care).

> New Instruments for Music & Sound Therapy

You'll also have the chance to explore the stunning array of New Instruments Tonalis uses which have been designed for therapeutic uses. These include new forms of: • lyres • harps • flutes • gongs • percussion and • bowed instruments. You'll find all these instruments are therapeutic, deeply musical and technically accessible to everyone.