

Singing in the Wild

Saturday 7th to Wednesday 11th October 2023



A Conscious Voice Retreat with Anthony Johnston

Singing in the Wild offers a profound and transformational journey into the heart of one's humanity. This is a rare opportunity to connect with your authentic self, with others and to life at a core level, rarely touched in our everyday lives.

- ~ Discover and free your natural and unique voice ~
- ~ Communicate with greater power, freedom and authenticity ~
- ~ Express yourself with confidence and ease ~
- ~ Open the door to your soul's musical and true expression ~
- ~ Outshine your inner critic and experience true self acceptance ~
- ~ Be heard and received without fear or judgement ~
- ~ Discover the deep joy of being alive NOW ~
- ~ Express who you really are in a well held and spacious group setting ~

"I feel so inspired and enlivened to have experienced my voice as such an incredible vessel for self expression and self-discovery, and for communication of myself to myself, to others, to nature and to life. Parts of myself that often don't get expressed, that aren't necessarily even conscious to me, were set free and given life".

Singing in the Wild weaves together a unique blend of voice work and breath, song, nature connection, silent contemplation, authentic sharing and movement.

The approach that Anthony uses is both respectful and non-judgemental, one that affirms each individual's dignity and choice to jump or not to jump. This is a therapeutic approach to the voice, where participants can take risks in their own time and at their own pace.

"I have never attended a workshop so liberating, simple, profound, challenging, connecting, inspiring, joyful, poignant and insightful as this one! I am literally FULL in mind, body and soul".



ANTHONY JOHNSTON

Anthony is a group facilitator, coach, choir leader and musician based in Devon, UK. He has been teaching and facilitating groups for some 30 years. He has followed a path of personal and spiritual development with a particular interest in authentic communication and how the singing voice can draw us beyond our limiting beliefs and restore us to a natural state of wellness and being.

The process he has developed draws on a deep understanding of communication processes learned as a Mind Clearing practitioner and as a trained master of Enlightenment Intensive retreats.

Anthony has an ability to create safe, supportive and non-judgemental spaces. The facilitation he provides enables each participant to let go of everyday concerns and to embrace an inner enquiry into our soul's unique expression.

Anthony is founder and director of Borjghali Georgian Choir, which specialises in the polyphonic singing tradition of the Republic of Georgia. www.borjghali.co.uk.

With his wife Paloma, he is co-director of "The Village Soul Project CIC", a not for profit, community interest company that is sponsoring this retreat.



"The trust and support amongst all of us developed very quickly, because of the way you facilitated the group; gently inviting us to connect, to listen and to see each other in a loving, kind and generous way. Your support was impeccable throughout, so full of heart, care, warmth, humour, gentle challenge and skilful guidance".

THE VENUE

Bala Brook Retreat Centre, South Brent, Devon TQ10 9ED



Bala Brook is a residential retreat centre situated on the edge of the Dartmoor National Park. Participants often comment on the supportive holding the Centre offers, regardless of the weather.

It is a tranquil and inspiring setting set in its own grounds with immediate access to the surrounding countryside. The land is an ancient landscape which will inspire and enrich our time together.

ACCOMMODATION

The centre has a series of recently refurbished single and double bedrooms, all with views to the outside grounds. Some of the rooms come with their own ensuite bathrooms and some use shared facilities.

FOOD

The food will be vegetarian, delicious and whenever we can, locally sourced. All meals are included in the cost of the retreat



and are provided from Saturday evening to Wednesday.

TIMES OF ARRIVING & LEAVING

You are welcome to arrive from 5.00pm on Saturday 7th October.

The retreat finishes at 4pm on Wednesday 11th October. We need to vacate the premises by 4pm.

COST

We are separating the cost of the accommodation from the cost of the facilitation of the retreat.

To help integrate your experience, Anthony is offering a complimentary meet up call for all participants after the retreat

Accommodation & Food

£350 - This amount covers the four nights of your accommodation at Bala Brook, and all meals, snacks and drinks.

Facilitation

To make the event affordable, we are using a sliding scale for those who need it. You choose an amount that is comfortable to you or any amount in between.

£495 - *this supports the work and helps to grow our bursary fund, or*

£345 - *this amount supports the work, or*

£195 - *bursary, for those who need a little help*

If you need to spread the costs please get in touch.

POST RETREAT MEET UP - Thursday 19th October - 7-9pm (UK time)

This is an important part of the process and an opportunity to reflect and to share insights following on from the retreat. This is a powerful process that can raise deeper life questions such as -

'How can I maintain this sense of connection?', and -

'How can I live more from who I truly am and less from fear and confusion?'

We want to support you on your soul's journey and we will look at ways of moving forward, including the One Year program and The Realvoice Practitioner's Training, for those interested in training in this work,

TO BOOK

Send a deposit payment of £150 before 8th September.

Bookings after 8th September, please send £350.

Final payments should be made by 20th September, unless you have another agreement.

Once we have received your booking, we will send you more detailed information about the retreat, directions and what to bring, how to prepare and some complimentary post-retreat sessions.

Places are limited to 18 participants.

QUESTIONS & FURTHER INFORMATION

If you haven't worked with Anthony before, please get in touch to book a call.

THE VILLAGE SOUL PROJECT CIC

Singing in the Wild is sponsored by "The Village Soul Project CIC". This is a not-for-profit organisation that runs events in support of the mental and emotional wellbeing of men and women primarily in the South West of England. The CIC also hosts ritual feasts in communities in the South West to rekindle a deeper sense of 'soulful community'. The money you pay towards the facilitation supports the educational, social and communal activities of the CIC.