

Singing in the Wild

Tuesday 9th to Sunday 14th April 2024
with Anthony Johnston



A six day retreat awakening your 'natural voice' as a tool for personal transformation, authentic expression & embodied presence

Singing in the Wild weaves together a unique blend of voice and breath work, song, truth sharing, nature connection, ritual singing and feasting. The result is a journey into the heart of one's humanity rarely touched in our everyday lives.

- ~ Discover and free your unique voice & authentic expression ~
 - ~ Communicate with greater freedom and confidence ~
 - ~ Release stuck patterns and inhibitions ~
 - ~ Witness and be inspired by the journey of others ~
- ~ Find your authentic expression in a non-judgmental group setting ~
 - ~ Discover the deep joy of being alive NOW ~

"I feel so inspired and enlivened to have experienced my voice as such an incredible vessel for self expression and self-discovery ... Parts of myself that often don't often get expressed were set free".

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

*"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".*



THE VENUE

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

Bala Brook is a very special place set in an outstanding location. Formerly a Buddhist Retreat Centre, it has been hosting retreats for many years. It is a nurturing, wild and inspiring setting, positioned in its own grounds on the edge of Dartmoor National Park. The surrounding land is an ever changing and ancient landscape which will enrich and guide our time together.

There is a study for quiet reflection and contemplation and a yoga room for early morning personal practice.

ACCOMMODATION

The Centre has a series of recently refurbished single and double bedrooms offering a high level of comfort - no bunk beds or dormitory style rooms. All of the rooms are warm and well catered for, and have excellent views to the outside gardens and the surrounding Dartmoor landscape.

FOOD

All of our food is vegetarian, delicious and locally sourced wherever we can.

All meals, snacks and drinks are included in the cost of the retreat.

On Saturday evening we will hold a ritual feast.



*“I honestly don’t know what it is he does, exactly, or how he does it.
But he does it every time – magic happens and we enter sacred space
and wonderful things come.”*

ABOUT ANTHONY

I am a group facilitator, coach, choir leader, and musician based in Devon, UK. I have been teaching and facilitating groups for over 30 years. My journey has led me on a path of personal and spiritual growth, with a keen interest on authentic communication. I’m particularly interested in how the conscious use of our singing voices, has the power to take us beyond our thoughts, to a place of deep connection, truth, aliveness and of embodied presence, restore us to our natural state of wellbeing. From this place, there is a deep sense of oneness and okay-ness. Life is suddenly full of opportunity, vision, purpose and freedom.



With my wife Paloma, I am co-director of “The Village Soul Project CIC”, a not for profit, community interest company that is sponsoring this retreat.

TIMES OF ARRIVING & LEAVING

You are welcome to arrive from 5.00pm on Tuesday 9th April.

The retreat finishes at 4pm on Sunday 14th April.

Please do not aim to arrive late or to leave before the retreat has ended.



PRICES

Early bird price - before 14th February

Shared rooms - £625 (£70 saving) & Single rooms - £755 (£70 saving)

After 14th February

Shared rooms - £695 & Single rooms - £825

Money an issue? Please enquire about a payment plan

We are offering a £150 reduction for two people to assist with some of the practicalities before and after our work sessions.

HOW TO REGISTER AND BOOK

Get in touch

If you would like to know more, send me an email or a text. If you would like to take it further, we'll set up a call and to see whether Singing in the Wild is a fit.

Pay a Deposit

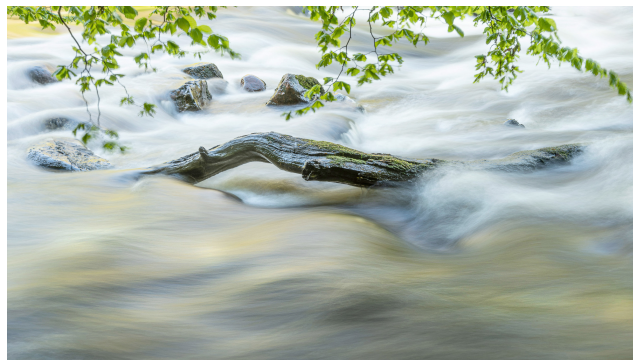
To reserve your place, please forward a deposit of £200

Fill in an Application Form

After receiving your deposit, we will send you an Application Form. So we can best support you during the retreat, you will be asked some questions. *All answers will be treated in the strictest confidence.*

Receive Confirmation

After approving your application, we will send you our Welcome Letter with further information about the Retreat - directions, what to bring and how to prepare.



THE VILLAGE SOUL PROJECT CIC

Singing in the Wild is sponsored by our not-for-profit organisation "The Village Soul Project", that hosts events in support of personal growth and enhanced mental and emotional wellbeing.