

Our Favourite Things - Combining Voice and Movement

Frankie Armstrong and Darien Pritchard

Kinnersley Castle, Herefordshire HR3 6QF

Monday 8 May, 9.30am - Friday 12 May, 2pm, 2023

£750

In recent years, Frankie and Darien have mainly focussed on teaching professional/ skills development and training courses. So it felt time to revisit some of our favourite voice and movement activities which have been part of our repertoire in the 36 years we've worked together.



We'll begin these 5 days with freeing and energising voice and body. We'll explore the body/voice relationship in playful, expressive, experimental and imaginative ways. We'll find ourselves calling from turrets, simulating a range of work-songs, and also creating human bagpipes, vocal sound baths and soundtracks to movement.

Residential workshop: This is a residential workshop (vegetarian meals and board are included in the cost - £750). People will stay in the Castle, or in the village (5 minutes walk away). There will be a maximum 10 participants.

Arriving: We ask people to arrive on the Sunday evening (7th May). People can arrive after 4pm. Dinner will be served at 6.30pm.

For those coming by public transport, there is a bus at 2.50pm from Hereford train station, which drops you two miles from the Castle (at Sarnesfield Oak). We will be happy to pick you up from there. For those coming later, we'll arrange transport from Hereford station.

Finishing: 2pm, after lunch, on the Friday.

Further information and bookings: Contact Darien darien.pritchard@gmail.com

Frankie and Darien: Frankie has been a professional singer in the folk, women's and peace movements since the 1960s and a voice leader and trainer since 1975. Darien has been a bodyworker since 1977, and trained massage practitioners and run Feldenkrais flexibility classes since the 1980s.

For further biographical information, see:

<https://frankiearmstrong.uk/about/>

<https://dynamicmassage.co.uk/about/>

