



Sing, Dance, Have Fun, Grow, at Barmoor!

Language

English

NORTH YORKSHIRE CCI RESIDENTIAL FOR ADULTS WHO WANT TO

SING, DANCE, HAVE FUN AND GROW!

Friday 14th to Monday 17th September 2012

Only £39 for 3 nights (plus bring food to share)

Photos of the lovely venue:

<http://co-counselling.info/en/gallery/cci-venue-barmoor>

What happens in the workshop depends on what the co-counsellors taking part have to offer. Possible ideas/previous workshops include:

MUSIC, MOVEMENT AND HEALING

Sing to share our soul; Entrainment - music against depression; Five Rhythms - dance your life; Authentic Movement - silent dance but your heart sings.

MUSIC FOR FUN

Bring instruments, dig out those old CDs/tapes, compose and share your own songs; regain the full use of your vocal chords at voice workshops; circle dance on the lawn, ballroom dancing in the lounge.

Sing, relax and play games round a ROARING LOG FIRE. Good walks from the door. And of course good old CO-COUNSELLING! Musical ability not required - other activities will abound.

Maximum 20 participants.

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BOOKING FORM (ok to fill it in online and email it but please post your cheque within 5

days)

Name(s)

Address:

Phone:

Email address:

Name of co-counselling teacher:

Please say if you want to share transport. We will email an address list to participants so people who want to can contact each other.

AMOUNT ENCLOSED: £39

Cheque payable to CO-CO AT BARMOOR

Send to Brenda Booth. (Email Mara for  Brenda's address)

Further information from Brenda on tel  01509 413 048 or Mara McGhee on mcgheemara@yahoo [dot] co [dot] uk

Event Dates

Friday, 14 September, 2012 - 18:00 to Monday, 17 September, 2012 - 11:00

Venue Details

Venue:

Barmoor Hutton-Le-Hole YO62 6UA

United Kingdom

See map: [Google Maps](#)

GB

Contact Information

Further information from Brenda on tel  01509 413 048 or Mara McGhee on mcgheemara@yahoo [dot] co [dot] uk