

### Who is the Course For?

They are for people with ALL levels of musical experience who want to enter a path of musical and social awareness based on listening and movement.

*You will find 'Music in the Space between I and You'*

- helps you discover the sheer joy of PLAYING with MUSIC with others
  - develops your listening, presence and communication skills
- brings creativity, spontaneity and flexibility into life and music making
  - helps you discover how deeply music and movement are connected.

**Lorin Panny** is a Eurythmist who has pioneered 'Listening Movement' processes and the playing of new therapeutic and community inspired instruments into a nourishing path of both social and personal development. Her work is influenced by Eurythmy, Laban, Dalcroze Eurythmics and the work of Tonalis Music Centre, where she has taught for many years.

**Duration:** 10 weekly Mondays Sessions - Feb.28th to May 9th.  
(except for Tuesday 19th April to avoid Bank Holiday Monday)

**Times:** 10:30am - 12:30pm

**Fees:** £230 (for booking by Feb. 10th) £240 (thereafter)  
Fees can also be paid in 2 Installments, i.e. 2 x £125.

For people also wanting to participate in either 'Reclaim Your Voice' or 'The Healing Voice' - on Monday afternoons - the discounted fee for both courses is £415.

Places are limited to 12 participants  
(in order to maintain covid protocols)  
so early booking is advised.

N.B. Appropriate ventilation will be maintained  
through ensuring windows are open.

*A Registration Letter will be sent on receipt of your application.*

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

### Application Form - 'Music in the Space between I & You'

Please complete & send with a £40 non-refundable deposit cheque payable to - 'Tonalis'.  
or pay your deposit by BACS: Bank Sort Code: 08-92-50 Account Number: 68684633

Name: \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_

Mobile: \_\_\_\_\_

# MAKING MUSIC in the Space Between I & You

Sharing Listening Playing Moving



DISCOVER the JOY & CREATIVITY of:

- Playing New Social Therapeutic Instruments
- Exploring 'Listening Movement'
- Energising Musical Circle Games & • much more

*Tonalis*

Led by Lorin Panny

10 WEEKLY SESSIONS: MONDAYS 10:30 - 12:30  
Starting February 28th, 2022

VENUE - St.Bride's Hall, Stroud, GLOS

Enquiries: Tel. 01666-890460 / [info@tonalismusic.co.uk](mailto:info@tonalismusic.co.uk)

[www.tonalismusic.co.uk](http://www.tonalismusic.co.uk)

# Music in the Space Between I and You.

**Musicians have always perceived the harmonising potential of music as the unique medium of creating communion with each other.**

The world today is becoming increasingly binary and polarised into a world of 'either / or' (e.g. inner vs outer or self vs other) rather than 'both and . . .'. The genius of the human being, however, is that we are neither just inner or outer, we are both simultaneously.

This course will explore new forms of non-dual unitive consciousness in the realm of music. Here you will have the wonderful opportunity to co-create music for the connective self in a way that helps you:

*Reach Out → Contact → Dialogue and Meet* in the space between *I and You* so that you can discover music as a social and therapeutic art.

To do this we will explore together

- musical circle games • new social therapeutic instruments • listening movement and • musical forms that emphasise our inter-connectedness

## Energising Musical Circle Games using Instruments & the Body

Each session will begin with musical and rhythmic circle games - using instruments and body percussion - that develop a sense of trust, cohesion and belonging and thus provide an experience of being listened to and responded to. You'll find these processes provide not only an experience of self to other relationships through shared musical play, but loads of joy.

## Play New Community Musicing Instruments

We'll explore making music together using a collection of stunning newly designed instruments. These have been specially designed to:

- i) harmonise the centred and connective self (especially via the playing of Bleffert's bronze gongs)
- ii) create community and call us into musical meetings in the space between I and You.
- iii) meet the needs of therapeutic musicing
- iv) enable non-specialists and mixed ability groups to explore musicing to its highest potency.

They include:

- bronze gongs in nature's tuning • bronze finger cymbals
- a huge lap xylophone • wood tongues • a streaming harp and • hand lyres.

## Explore Listening Movement

Every sound is full of vibration and movement. When we allow our bodies to connect with the inner-lawfulness of sound through movement we can begin to make the world of tone and music visible (both individually and as a group). In these sessions we will explore how to create the intrinsic movements of the new instruments and group choreographies. This will help us to develop both our inner and outer listening awareness.

## Create 'Round Dances'

Come and explore how the architecture of music can be transposed into a choreography. To do this I will create with you simple, but profound, movement forms when we sing 'rounds' together. In this way we can discover a heightened sense of community with the group, the song and the music in the space between us! Doing this also returns the sung 'Round' - e.g. 'Now I walk in Beauty' - to its original function, namely a 'Round Dance'.

**At the heart of each session is the goal of experiencing and sharing a wonderful sense of**

**CONNECTION,  
COMMUNITY and  
THERAPEUTIC awareness  
with others.**

