

# Finding Oasis: Music-Making and Poetry at the Well.

with Jon Blend: *June 10<sup>th</sup> 2017: 11am -4.pm.*

Fee: £45- concessions/ trainees £35

Address below:

This West London CPD workshop, led by experienced adult and child psychotherapist and Lifemusic practitioner Jon Blend, is an inter-disciplinary nurture day for therapists, counsellors, trainees and others working with people in a therapeutic or pastoral capacity. The workshop invites you to set aside your busy schedule and focus on restoration, refreshment and renewal. We will do this by exploring a variety of music-making and Haiku poetry writing activities, working individually and in small groups.

**Lifemusic\*** is a Jungian inspired method of improvised music -making that aims to foster communitas and wellbeing. It is for people from all walks of life. The approach contains four precepts:

- Everyone (*really!*) is musical
- There are no 'wrong' notes
- Every sound carries meaning
- Music-making involves trust.

*(musician ,composer, writer & Lifemusic Founder Rod Paton\*)*

*No previous knowledge or experience of music –making or writing ability is needed to take part in this inclusive, fun workshop. 'Instant access' instruments are provided; you are also welcome to bring your own.*

**Paton, R (2011) *Lifemusic: Connecting People to Time*. Archive pubs\*.**

We will gather for tea/ coffee from 10.30am and break for lunch around 1pm (bring your own or eat at local cafés).

## **Venue: 17 Myrtle Road, Acton, London W3 6DX**

Free on-street parking in Myrtle Rd and adjoining streets.

Nearest trains: 3 mins walk from Acton Central Overground

(Euston, Highbury, Richmond, Stratford) Buses: 207 bus –connecting Shepherds Bush and Ealing Broadway runs nearby; 266: Hammersmith.

## **Booking/ further details:**

contact **Jon Blend**

*Member of Vox Anima/Guild of Lifemusic Practitioners/ TRS*

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[www.gacp.co.uk](http://www.gacp.co.uk) ( see link to Lifemusic)