



The Sound of Nature in our Voice

Improvisation, Circlesongs and exploring the unspoiled nature on Inis Mór, Aran Islands

1 – 8 August 2023



Accommodation:



Kilmurvey House

Very comfortable *** guesthouse with friendly landlady and excellent cuisine, 5 minutes, from sandy beach and 20 minutes walk to the famous prehistoric site Dun Aonghasa.

Registration as early as possible, **latest by 1 May 2023**. limited places. Flights are reasonable if booked early. The trip can be confirmed as soon as we have 10 registrations.

Registration and Info:

Elizabeth Zollinger, Neumarkt 11, 8001 Zurich, info@irish-culture.ch



«**Giocando la Voce**»: playing with the voice, Improvisation and Circlesongs with Oskar Boldre and Costanza Sansoni, indoors and outdoors, at magic places, by the sea and high above the cliffs combined with easy walks in unspoilt nature.

Sing for the sea, for the stones, for the sky, for mother earth!

Information and registration:

Elizabeth Zollinger, +41/44 2520918/77 5200136
info@irish-culture.ch/ www.irish-culture.ch

Oskar introduces us to the art of vocal improvisation with playful exercises, He has developed a method ("Giocaando la Voce") that helps us to find a spontaneous, natural expression and a balance between control and letting go.

Costanza's bodywork ("Canticorpi") supports this process. She introduces different body and breathing exercises to selected music to connect body and voice and get into a flow.

Circlesongs are guided improvisations inspired by Bobby McFerrin, similar to oral chanting traditions.

The energies of the various beautiful places we visit will flow into our work.

Apart from the joy of singing, there are no special requirements for this course. Since we have two experienced leaders, we can also split up the group if we have different levels

Elizabeth Zollinger will lead us on easy walks to hidden places where we can do some ritual Circle Songs and improvisations, inspired by the beautiful surroundings.

Programme:

Day 1: Individual trip to Galway, meeting point 16.30, bus and boat to the island, transfer to Kilmurveyhouse, dinner.

Day 2: Morning: Introduction with Oskar and Costanza, information about the island and programme by Elizabeth, short walk, shopping in Kilronan and dinner in the American Bar.

Day 3 - 6: 3 hours Impro in the morning and easy walks in the afternoon to beautiful places on the high cliffs, wide sandy beaches and to old ritual places where we can continue to sing as we please. On one evening we will do a singing session if possible with singers from the island.

We adapt the programme to the weather conditions. Therefore there is no detailed programme

Day 7: 12.00 boat to Rossaveal, bus to Galway, check in at the B+B's, in the evening traditional Irish Music Session in one of the famous old pubs.

Day 8: Home or onward journey

Accommodation: in the beautiful ***Kilmurvey Guesthouse and last night in different comfortable B+B's in Galway.

Language: Teaching in basic English/ organization and info: English/German

Costs: 11 - 16 participants

sharing rooms

15/16 participants : CHF :1310 - 1530.-, sharing rooms, depending on number of participants and exchange rate.

Travel costs: Flight Zurich-Dublin-Zurich: from CHF 270/ Bus Dublin-Galway-Dublin: approx. CHF 40.-, flights can be booked individually, cheapest on the internet or at any travel agency.

Included: 6 nights in double room: Kilmurveyhouse: all rooms with shower/WC, with large Irish breakfast, 4 dinners in different places.

1 night in a B&B in Galway (double room), 20 hours singing, all shared transport, guided tours and other activities according to programme.

Not included: Travel (flight and bus), lunch, remaining dinners, drinks, tips, insurances.

Supplements: Single room: 6 nights Inis Mór: Kilmurveyhouse: CHF 240, in Galway: CHF 35.- (The number of single rooms is limited, especially in Galway, early booking recommended).

Additional nights in Galway and on Inis Mór can be reserved on request.

Teaching and Organization :



Oskar Boldre Oskar Boldre is a vocalist, multi-instrumentalist, choir conductor, composer and teacher, currently active in solo projects and as part of the 'Canzoni Raccolte' quartet.

Having met Bobby McFerrin in 1992, he began conducting Circlesong and improvisation groups in Switzerland, Italy and Germany in 1996, founding the choirs Ancore d'Aria and Goccia de Voci in 1997. He has been artistic director of the international festival Voci Audaci in Locarno CH since 2004, and has worked collaboratively with Anna Oxa, Charles Raszl, Luisa Cottifogli, Ivo Antognini and Simone Mauri.



Costanza Sansoni Baratella (singer, music therapist) is dedicated to singing, attending various seminars and vocal technique teachers to develop her voice. She is specially interested in a cappella singing, participates in various projects and collaborations from choirs to small ensembles. For 20 years she has been delving into the art of vocal improvisation with Oskar Boldre and Rhiannon (Vocal River - All the Way In 2010/2011). She has a diploma in music therapy and is part of the vocal duo Cocoband, She conducts singing, movement courses and seminars (Canticorpi) and also works in the therapeutic field.



Elizabeth Zollinger (organisation and walks), artist from Zurich, has lived part-time on the island of Inis Mór since 1974 and is strongly connected to the island, its people and its culture.

In 1996, she founded the "Celtic Spirit" project in cooperation with islanders with the aim of communicating Irish-Celtic culture and developing meaningful tourism on the island.

She has 26 years experience in organizing Culture Weeks and guiding groups.