

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 15 May 2027****. limited places. Flights are reasonable if booked early. The trip can be confirmed as soon as we have 12 registrations.*

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

The Sound of Nature In Our Voice

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

29. Juli – 5. August 2027









«Canticorpi»: *playing with voice and body, Improvisation and Circlesongs with 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/

Costanza Sansoni *works with voice and body, inspired by the method* ***«Giocando la Voce»,*** *which* ***Oskar Boldre*** *has developed through the years (www.oskarboldre.com). She has guided many workshops with him. She also learned from* ***Rhiannon's method «Vocal River and All the Way In».***
*In the past years she has guided many course and seminars on her own and has developed her own method****, «Canticorpi»,*** *which also includes some bodywork. Different body and breathing exercises to selected music help to connect body and voice and get into a flow.*
She introduces us to the art of vocal improvisation with playful exercises to find a spontanous, natural expression and a balance between control and letting go.

Circle songs are guided improvisations inspired by Bobby McFerrrin, 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. It's suitable for real beginners as well as for advanced singers.

More Info*: www.giocandolavoce.ch, you find Costanza on Facebook, Instagramm and Linkedin*

Elizabeth Zollinger *will lead us on easy walks to hidden places where we can do some rituals, circle songs.and improvisations, inspired by the beautiful surroundings.*

Programme**:**
Day 1*: Individual trip to Galway, meeting point 16.45, bus and boat to the island, dinner, transfer to Kilmurveyhouse.*

Day 2*: Morning: Introduction with Costanza, information about the island and programme by Elizabeth, short walk and first outdoor improvisation, 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. 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*

Paritcipants : *12 – 16*

Costs : CHF 1340 - 1560 /Euro 1410 - 1640 , *sharing room, depending on numbers of participants and exchange rates.*

Travel costs*: Flight Zurich-Dublin-Zurich: from CHF 420, inkl Gepäck.- (Stand Okt. 2026)*
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 210, in Galway: CHF 50.-*
(The number of single rooms is limited, especially in Galway, early booking recommanded).

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

Teaching and Organization :



Costanza Sansoni Baratella, singer and music therapist
explores the potential of her voice in various fields of activity. For over twenty years she has been engaging professionally in vocal improvisation and circle singing, precious tools that she employs to connect with herself and with others in a playful and creative way. As Certified Music Therapist and a passionate listener of the Other, she facilitates the emerging of their limitless expressive potentials. She leads singing and movement courses and seminars (e.g. Canticorpi) — also in therapeutic contexts. She is co-founder of The Well. Global Vocal Improvisation Network and she was selected for the Murmuration pilot project led by Rhiannon (founder of Bobby McFerrin's Voicestra) and Margie Gillis (Canadian dancer and choreographer). At present she sings in two groups: Cocoband (Italian songs with a taste of swing) and Vocalia (vocal ensemble directed by Oskar Boldre aimed to explore the voice spectrum through improvisation.



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 30 years experience in organizing Culture Weeks and guiding groups.