

Booking Information

Booking deadline 17th September. If you'd like to find out more before you book, do ring for a chat, on 0113 289 2450

Fee: Early booking discount: £25 for cheques received by 1 Sept 2011; Concessions by arrangement; £28 after 1 Sept; £15 for NFGV members.

Access: All dis/abilities welcome. The venue is entirely on the ground floor and accessible to wheelchairs. Please ring if you need to discuss access requirements.

If you are interested but can't make the date, do get in touch, so we can let you know about other events.

Booking Form

If you want to come but can't afford it, please contact us on 0113 289 2450.

Please book by 17th September by completing and sending us this form, along with payment, to NFGV, Ling Beeches, Ling Lane, Scarcroft, Leeds LS14 3HX (cheques payable to NFGV)

After we've received your booking, we'll phone you (if we haven't already talked to you about the event) – this is to ensure the smooth running of the group.

I would like to book a place on the *Bringing Harmony to Life* day on 2nd Oct 2011. **I understand it's important to talk to the organisers on the phone before the day, and to arrive in time to begin at 10:30am.** Doors open at 10am.

Name:.....

Address:.....

.....**Postcode:**

Tel (day)**Tel (eve)**.....

Email:.....

Anything else we need to know or you'd like to tell us, including access requirements (use more paper if necessary)

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I enclose the fee of £28 / £25 (early booking) / £15 for NFGV members (please circle), or concession fee by arrangement

I would like to make a donation of £..... to the concessions fund

Amount enclosed: £.....

National Foundation for Giving Voice



Bringing Harmony to LIFE!

A "Giving Voice and Living" event

Sunday 2nd October 2011

Scarcroft, LEEDS

10 am – 4 pm

with **Jill Rakusen**, founder of *Giving Voice*, **Rachel Healey** & **Caroline Thorpe** – accredited *Giving Voice* Practitioners – and **Members** of the ***Giving Voice* Foundation**,
Charity reg. No. 1140266

More info:

info@givingvoicefoundation.org.uk

0113 2892450

Do come!

About Giving Voice

Giving Voice enables people to thrive in harmony with others using sound and song. It's a tool that can enhance all aspects of our lives, our relationships and our health. You can use it in daily life, whatever your state of health or perceived abilities.

About the day

It's a unique opportunity to explore how we can bring harmony to life in our world. We'll use *Giving Voice* to help us do this, and the whole day will be a coherent, unfolding process from beginning to end. It will start promptly at 10.30. We'll share lunch. *No experience is necessary.*

Bringing Harmony to Life involves:

- A pro-active, responsive state of awareness
- Clarity of purpose and intent
- Embracing the wider picture
- Knowing we are loved and cherished
- Playing our part as givers and receivers of support

Who's it for?

- Anyone with the desire to be open to new, enlivening and life-enhancing possibilities - *and have fun at the same time!*
- Anyone with the desire for harmony in their life and in the world - *and fancies having a song in their heart to tap into whenever you want!*
- Anyone, regardless of state of health or beliefs - including about singing ability

This is an opportunity to explore how to bring harmony to life in YOUR life.

You really don't need to believe you can sing. Indeed, you may well be at an advantage if you think you can't!

Where is it?

Scarcroft Village Hall, on the A58 between Leeds and Wetherby. LS14 3AS. Buses 98, 99 every hour from Leeds Infirmary St.

What to bring

- **Food to share**
- Comfortable clothing, including something to keep you warm
- A cushion or three (optional)
- A rug (optional)

Giving Voice and Living is a strand of our work about integrating *Giving Voice* as a source of support in everyday life and relationships. It's included courses on Sharing Songs, Communication, and EnJOYment.

Quotes from recent Harmony events

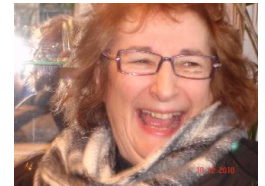
"Giving Voice creates such a special environment that is beautiful to be a part of ... It is quite liberating to feel I am being welcomed to being my true self"

"It felt very good. Very deep"

"There was a fascinating balance between lightness and depth"

About the facilitators

Jill has worked for over 2 decades as a health education specialist, highly regarded nationally and even beyond. Chronic illness, beginning in 1989, led her to develop *Giving Voice* – a tool she devised initially to support herself and to find ways to thrive amidst the challenges with which she was presented. She has since taught *GV* to countless people, as a means to enhance all aspects of life, whatever the circumstances!



Rachel is the first person to train as a *GV* teacher, graduating in 2005. She's taught *GV* in varied contexts to hundreds of people, and uses *GV* to help herself find ease, wisdom and energy in her own life.



Caroline loves to share *GV* with others and has run *GV* courses and events throughout the North of England. She graduated as a *GV* teacher in 2008.



All three of us continue to be in awe of the *Giving Voice* process and where it can lead. And we each have a commitment to bringing harmony to life – in every way!

Do call us if you have ANY queries or would like to discuss your needs on 0113 2892450