

# Michael Harper

## Breath, Body and Song

A Five Day Holistic Singing Retreat

Hill Cottage Retreat Centre  
Knighton, Powys, LD7 1PD  
Evening of 24-29 October 2017



This five-day retreat is intended to help singers create more freedom and authenticity in singing. Michael has devised an approach based on a combination of meditation breathing techniques to free the mind of anxiety, exercises to realign the body to use the breath more effectively for singing, as well as traditional and innovative vocal training methods. It is an opportunity to work closely with Michael, in a small group and one-to-one, to achieve freer expression in singing.

*“My aim is to discover and expose each person’s abilities to find the song in themselves whether it be opera, Lieder, folk song, soul, blues, jazz or any other style. There is a natural flow that is present in everyone.”*

Five days together can create a sense of community. Sharing meals and informal singing time in the evenings offers another important dimension to the retreat

*“It was hard work and fun and at the same time instructive and moving. The space we worked in proved a perfect setting to support our individual journeys.” Jan Norton*

*“I had a really enjoyable and memorable week, and I was sorry when it ended. I hope I can come again in the future.” Alan Fryer*

[www.hillcottage retreats.co.uk](http://www.hillcottage retreats.co.uk)

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**Michael Harper** is a countertenor, singing teacher and workshop facilitator. He has worked internationally as a singer and teacher in the UK, U.S.A, China and many countries in Europe. He has sung at the Linbury Theatre at the Royal Opera House, the Geneva Ballet, the Megaron (Athens), and the Venice Dance Biennale.

He has worked with the Youth Music, SingUp, The Sage Gateshead, The National Theatre, and the Centre for Performance Research in Aberystwyth, the Asolo Song Festival, Pegasus Opera, The National Theatre (London) and choirs throughout the UK and in Germany.

He teaches masterclasses internationally; has singing studios in London, Bristol, Newbury, Frome, Newcastle and Oslo; and is Co-Creative Director for Sing for Water, London (The Mayor's Thames Festival).

**Hill Cottage Retreat Centre** is a residential centre located in the Marches of mid-Wales, near Knighton in Powys. Our aim is to create a tranquil space where individuals can reflect, be creative and interact with others and the environment in mutually beneficial ways.

Michael's singing retreat will take place in the Hall Barn which is an intimate space that also hosts meditation weeks and other group events. Participants can stay in shared twin rooms in Alder Barn and Ash Barn or single rooms in Rowan Cabin and the new Studio.

**Cost of the Five-Day Retreat: Tuesday Evening–Sunday 4.00pm**  
Workshop, full board and accommodation in a:  
Single Room £400 (6 places)  
Shared twin room £350 (6 places)

## **Booking**

Please contact Zarine if you would like more information or a booking form. To find details of the retreat centre facilities, location and how to get here please look at our website