

From August 21st to 26th, in Avallon (Yonne), France

La Roche verte (place) and Frédérique Cambreling (professor)

<http://www.frederique-cambreling.fr>

Introduce :

A summer training including :

Individual lessons with possibility to combine with :

- Chamber music Workshops with viola, flute and harp or duo (only with these instruments).
- Improvisation (with Frédéric Stochl)

Minimum level required : Bachelor

No option of supervision for minors.

Suggested accommodations :

In a cottage or a large shared room

Fees :

Lessons- accommodation- dinners (evening only)

530 euros in cottage -two double rooms, kitchen, living-room.

490 euros in large room for 4 persons , breakfast included, in a property with garden and swimming-pool.

Price can be adjusted in case of formation of a trio.

Planning of sessions and places:

August 21st: Arrival of participants (between 13:00-14:00)

August 21st: from 16:00 beginning of the training week

August 26th: End of the training with a closing performance on the 25 evening or 26 early afternoon, free to participate.

Highly recommended to bring your personal instrument .

Extra fees to use an instrument on site: 40 euros.

COMPLEMENTARY OPTION

Within the framework of the residence.

→ Workshop of physical body-language adapted to musicians.

Two 90' sessions: 22€ per session.

The course proposes an exploration of the body structures of each person, adjustment of posture, stress management, refinement of sensorial consciousness in order to develop ease, subtlety

and precision of movement.

The techniques used originate in contemporary dance, as well as methods of physical consciousness and analysis of movement : Feldenkrais, M. Alexander, Eutonie, Pilates as well as yoga and Qi qong.

The accent is placed on breathing but also on subtle kinesthetic perception, muscular, skeletal, organic and cutaneous sensations. Aside from the dynamic reinforcement of corporal capacity, this

work leads to the opening of internal areas in the body, areas of centering and awareness.

Animated by Nathalie Pommeret, trained in the teaching of dance at the Royal Academy of Dancing,

London, Art therapist in the hospital domain, Graduate of the Université Paris V, René Descartes.

Collective courses at the Temps du Corps (cultural centre of the practice of traditional chinese health) ,individual courses with professional musicians.

Situated 220km from Paris and 250km from Lyon, Avallon is a very pleasant town in the Yonne department near to the Morvan. It is easily accessible by train and car. If coming by train you will arrive

at the railway station of Avallon via the stations of Paris Bercy, Montbard, Auxerre Saint-Gervais, By car Avallon is 10km from the A6 motorway.

→ Address : La Roche verte, 12 rue de la Fontaine neuve, 89200 Avallon

ENROLMENT FORM

Surname :..... First
name:.....

Date of Birth
:.....
.....

Instrument
:.....
.....

Level of
Studies:.....
.....

Address:.....
.....

Town:.....

Postcode:.....

Tel:.....

Email:.....

Works, Repertoire or training desired:
.....
.....
.....
.....
.....
.....

I wish to participate in the workshop of physical body-language YES
NO

Form to be returned before the 20 th accompanied by a cheque of 80 Euros deposit (which will be deducted from the cost of workshops) For participants coming from abroad, a bank transfer, for which the bank details will be communicated upon reception of the enrolment form.

Adress: La Roche verte 12 rue de la Fontaine neuve 89200 Avallon

In case of desistence after the enrolment deadline the deposit will not be refunded. The balance covering the price of the workshop will be paid upon arrival .

Date and signature: