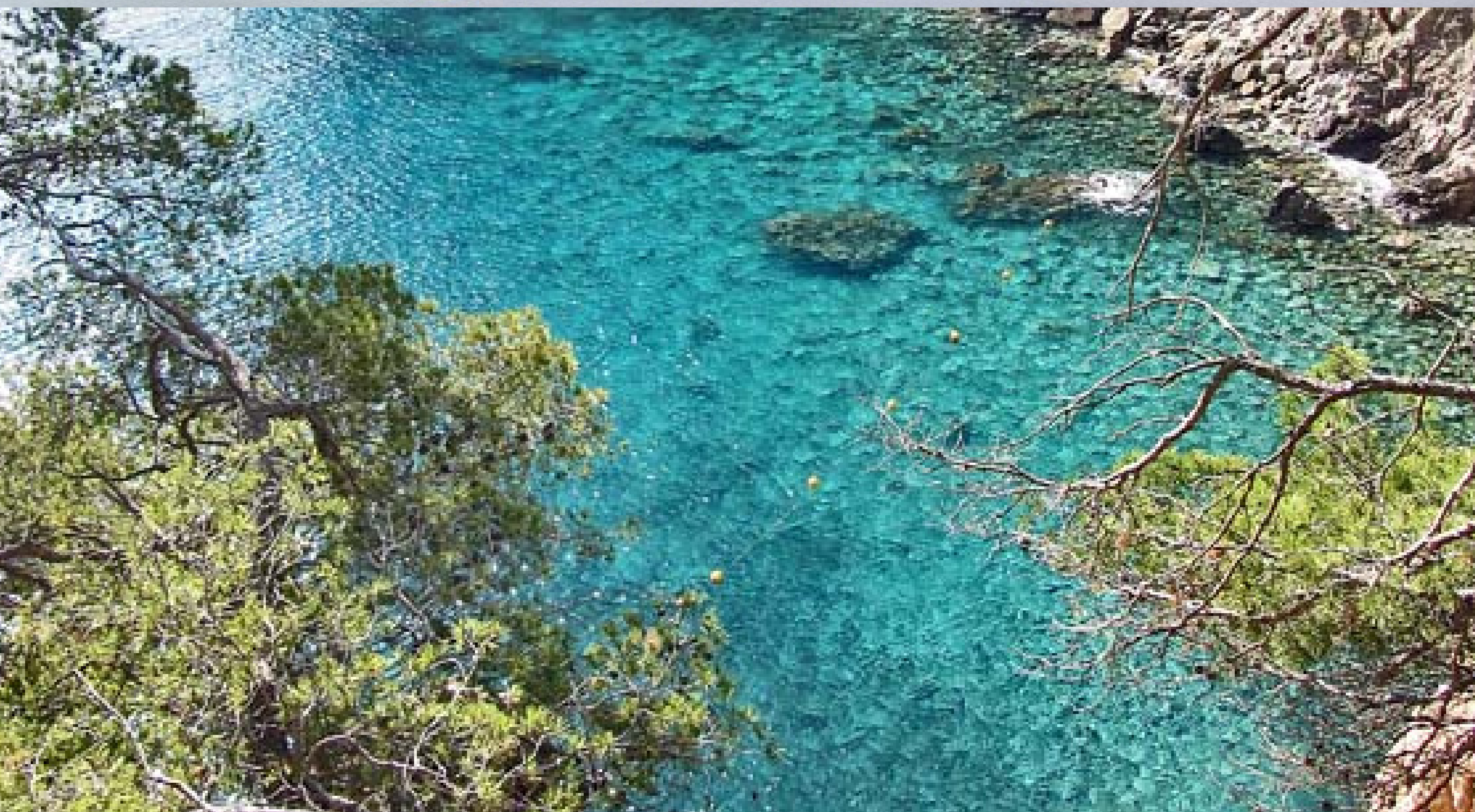


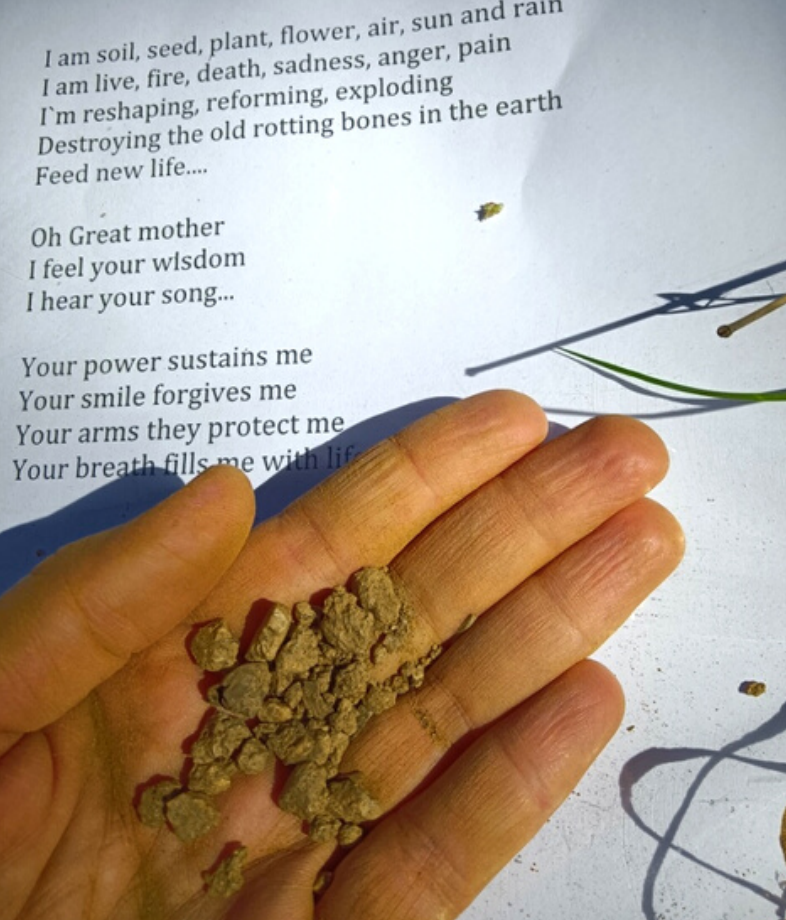


Sing with Tamar



Fri 29 - Sun 31
March 2024

Tamariu



“This Experience is a Gift For the SOUL”.



Kia ora! Hello Everybody! Hola a Todos!

It is my great pleasure and honour to welcome you to sing with me in my beautiful home of Tamariu, La Costa Brava. My intention for this experience is to provide us with the chance to connect to the power and joy of singing and return to nature "Mother Earth".

Our classroom, playground and finally performance stage will be in the stunning landscape surrounding Tamariu. All the locations are spectacular to get creative and inspired to make music together!

Our daily practices will include:

- *Mindfulness, guided meditation and awareness*
- *Breathing and movement*
- *Vocal exploration and improvisation*
- *Vocal technique*
- *Understanding the art of music*
- *Individual song and collective work*
- *Group singing sessions*

You do not need any previous experience.

Only an open heart and a sense of adventure.

So come treat yourself and have some fun!

Haere Mai! All Welcome! Todos Sed Bien Venidos!



I am a creative voice channel, love warrior, mentor, international teacher, music recording producer, lifelong artist, musician, dancer and singer for life.

*Born in Aotearoa and based in Tamariu, Spain, my ancestral roots are from the Māori Ngāi Tahu tribe of New Zealand, French Polynesia and Europe. As well as having an extensive and international musical education, I have gone well off the beaten track to seek my freedom, understanding and approach to the human voice. Discover your **Hidden Voice**.*

THE PLAN

FRI 29

- 10h Rendezvous Casa Tamar
- 10:30h Walk to Nature Location
- 11-14h Morning Session - Breath, Move, Meditate...
- 14h Picnic Lunch
- 16-19h Afternoon Session - Individual Work

SAT 30

- 10h Rendezvous Casa Tamar
- 10:30h Walk to Nature Location
- 11-14h Morning Session - Group Song Work
- 14h Picnic Lunch
- 16-19h Afternoon Session - Prepare Evening Performance
- 21h Evening Performances

SUN 31

- 10h Rendezvous Casa Tamar
- 10:30h Walk to Nature Location
- 11-14h Easter Morning Special Session





BRING

- 2 Songs
- Good Walking Shoes
- Comfortable clothes
- Writing Book / Journal
- Writing / Art Materials
- Musical Instrument
- Performance Dress
- Cash
- Towel / Yoga Mat
- Water Bottle

INVESTMENT

Price: 200€

*This Price does not include Accommodation or Food.

For Day only prices please contact Tamar.

RESERVE NOW & MORE INFO

Mail: tamar@tamar.cat
Tel: +34 617 344 398

WHERE?

Tamariu
La Costa Brava

CONDITIONS

- Cancellations before 14th of March receive 100% refund.
- Cancellations before 21st of March receive 50% refund.
- Cancellations 48 hours before the experience receive no refund.

