

SACRED MUSIC singing * meditating * dancing

may 9th-12th, 2024, Neumühle, Saarland

address:

NEUMÜHLE SAAR Seminar- und Begegnungszentrum
Neumühle 2, D-66693 Mettlach-Tünsdorf, <https://neumuehle-saar.de>

time frame:

thursday may 9th, 2024, 3pm - sunday may 12th after lunch

fees:

50,00€ (reduced for members of „Musik für Frieden und Völkerverständigung e.V.“ 30,00€). With your fee we cover room rental of the workshop rooms and expenses of the workshop leaders.

If anyone would like to take part but cannot cover the full costs of the seminar and accommodation, please contact us. We will then find a solution.

You are inscribed once your fee is payed. Please do so by **march 1st 2024** latest.

Bank account: **GLS BankBIC: GENODEM1GLS IBAN: DE04 4306 0967 7045 6716 00**

accomodation:

Neumühle offers very nice rooms. For accommodation and meals, **please register directly at the Neumühle** using the booking form:

<https://neumuehle-saar.de/veranstaltungen/zu-gast-in-der-neumuehle/>.

The Neumühle only offers single and twin rooms with or without a bathroom. For a double room, please specify your room partner: Tel. 06868-910 3-0 (Mon - Fri 8:30 a.m. - 12 p.m.) **It might also be possible, upon request, to camp there or park a motorhome and/or only take part in meals.** Please contact Neumühle directly for your request.

Approximate prices for your accomodation at Neumühle:

Singel room with shower/WC and all meals	94.-€/night
Singel room without shower/WC and full meals	80.-€/Nacht
Double room with shower/WC and all meals	164.-€/Nacht
Double room without shower/WC and all meals	146.-€/Nacht
Breakfast (if you have your own accomodation)	10.-€
Lunch / Dinner (if you have your own accomodation)	16,50€
Fee for tea and water	5,50€/day

The programm:

1) Morning for everyone: Singing with Maarten Ophiel van Leer

Parts from Sergei Rachmaninov's Vespers op.37 and Orlando Gibbon's motet "Hosanna to the son of David".

In the common choir lessons in the morning, the sound beauty of Rachmaninov's sacred choral music is juxtaposed with the polyphonic texture of a special motet by Orlando Gibbons. Sergei Rachmaninov composed his Opus 37 in 1915 as a sequence of liturgical songs for the eve of the holiday service. Singing some parts of this allows you to immerse yourself in a musical world of admirable depth and interiority. The six-part motet "Hosanna to the son of David" by Orlando Gibbons was chosen as a special example of Western Renaissance polyphony, in which the various choir voices extensively imitate each other's motifs and thus approximate a heavenly song.

About the director:

Maarten Ophiel van Leer studied conducting and school music in Utrecht, Netherlands. For many years he has led choirs and music projects in various countries, including a number of performances of Bach's B minor Mass as peace concerts. In 2003 he moved to Germany and lives with his wife in the Rheingau. He works as a music teacher and orchestra leader at the Waldorf School in Wiesbaden.



2) Afternoon for individual choice: 3 workshops

Workshop A:

The sound of silence meditation, voice and music

with Felix Idris Baritsch

"Sound causes non-sound, non-sound causes sound" says the silence.

Only in silence can one hear the quiet innermost voice of the heart, which never imposes itself or drowns out other voices. We want to experience different sounds & energies of silence, living inner symphonies and the power of creative words (logos), because reality is vibration, vibration is sound and sound is God (nada brahma). We will silently and resonantly follow the sound fields of our own and traditional mantras, which encompass and penetrate everything. In doing so, we develop our third ear, with which we can perceive the music of the soul and unfold our lives in a healing way. Previous experience in meditation & sounds is not required, but helpful.

About the workshop leader:

Felix Idris Baritsch is a musician, healer, philosopher and meditation teacher. He studied cello, law, naturopathy, philosophy and meditation. He gave "healing concerts", played Indian jazz, Japanese Zen music and classical music. He founded an overtone choir, a string quartet, a meditation and 2 healing centers and the intercultural association for holistic medicine and health, ASSISI, in Paris. He is a co-founder of the first peace university in South America, the Buddhist religious community in Hamburg, an association for the preservation of architectural monuments and the association "Music for Peace and International Understanding", of which he is currently the first chairman. He interprets 5 languages - including the Dalai Lama, Pir Zia Khan and Olaf Scholz. In New York he was on the board of the "House of Wisdom" for many years, and in Hamburg on the "Wisdom Council" of the Tibetan Center. On the board of the DBU, he represented Buddhism in the Council of Europe and at international conferences around the world. He wrote articles, poems and books, including "Language Beyond Language," "Ode to Silence," and "Spiritual Meaning of Diseases and Vaccinations." He has been healing and teaching meditation, body and vibration awareness as well as creative expression through voice, sound and "overtone awareness" for 40 years.



Workshop B:

Anchor your voice in your body and improvise

with Esther Knappe

By combining body work and voice - with relaxation, movement, feeling resonance zones in the body, breathing and vocal work - we can let our voices flow freely, listen to each other and remain completely centered. Spontaneous melodies arise and together we create wonderful sound fields. We will also use simple musical structures as a basis to improvise intuitively and playfully, celebrating our connection and what sings through us.

About the workshop leader:

Esther Knappe, born in Hanover, has lived in Switzerland for many years. After working in dance theater/ballet for years and gaining experience with choral and classical singing, she discovered the holistic vocal work according to Roy Hart, which connects body and soul. She supplemented her training there as a "voice teacher" with singing and movement lessons from Monika Pagneux (Lecoq, Paris) and Yoshi Oida (Ensemble Peter Brook).



Workshop C: Dances of Universal Peace

with Josine Zon

The "Dances of Universal Peace" are part of a timeless tradition of sacred dance. Dancers sing words from scriptures and poetry from the Earth's many spiritual traditions, merging singing, live music and harmonious movements in body prayer to create a vibrant experience of unity, peace and integration. "Eat, dance and pray together," Samuel L. Lewis, the founder of the dances, once said. When people of different faiths, colors, cultures and politics eat, pray and dance together, we can contribute to "peace on earth".

Josine: "For me, the dances are a wonderful tool to open the heart and heal our wounds. They help us become beacons of light and love."

About the workshop leader:

Josine Zon is Dutch and has lived in France for 35 years. She has led the dances with joy and depth for over 30 years and is now a senior mentor in the worldwide organization (dancesofuniversalpeace.org). Josine has been training new dance leaders in France and Spain for 20 years. She is also a musician and music therapist, sound healer and meditation teacher in Universal Sufism.



For your **registration** you will find on the Music for Peace website a **registration form**.

**Registration is possible by march 1st, 2024.
We are happy if you can register as soon as possible.**

If you have further questions, please contact us:

contact@music-for-peace.net