

## Sounds with Nature, in wonderful Gougane Barra, Ireland (May 1,2,3)

A sound journey to listen to and engage with through:  
nature concerts, yoga, Qi Gong, voice flow, meditation, gentle sensing and perceiving.



Gougane Barra Forest, photo ©Marieke Bosman

Ireland is traditionally known for its ancient wisdom and musicality, connected with the forces of nature. The beautiful Gougane Barra Forest, West Cork, invites you to connect with this.

**Nature and Sound** support you in being present. Without the turmoil of the mind. In the here and now. From your heart, open, without expectations and interpretations. So deeper layers may resound from Nature and empower your natural state of being.

In this direct contact we want to be consciously present,  
in connection with the participants and other observing beings.

### May 1, Friday evening

Introduction and Initiation; Yoga exercises; Concert 'Sounds with Nature'

### May 2, Saturday morning

Morning meditation with Qi Gong; workshop 'Subtle sound awareness' (vowel sounds and consonants); Nature meditation 'connecting with ancient Ireland'

### May 2, Saturday afternoon

Heart in Nature walk (walking into your natural state of being); joined sound meditation

### May 2, Saturday evening

Evening yoga; Shamanic Breathing (profound breathing exercises); Concert 'Sounds with Nature'

### May 3, Sunday morning

Morning meditation with Qi Gong; workshop 'Subtle sound awareness'; Rounding up



### Facilitators

Professionally trained guitarist, yoga and Qi Gong teacher Frank Schagen ([harteklank.nl](http://harteklank.nl));

Professionally trained singer and philosopher, shaman and sound specialist Eric van Grootel, Bearclaw ([ericvangrootel.nl](http://ericvangrootel.nl));

Specialist in holding space and facilitator of guided meditations, Yael ([levenskrachtpotentieel.nl](http://levenskrachtpotentieel.nl));

Specialist in listening to your heart, Marieke Bosman; main organizer of this event; living in Ireland ([aheartfeltconnection.org](http://aheartfeltconnection.org)).

### PROGRAM PRICE € 177,50

PROGRAM PRICE including food and drinks € 242,50

INFO ABOUT TRAVEL, ACCOMMODATION POSSIBILITIES, COSTS & REGISTRATION Marieke Bosman, [connect@aheartfeltconnection.org](mailto:connect@aheartfeltconnection.org)

PROGRAM INFO [ericvangrootel@gmail.com](mailto:ericvangrootel@gmail.com), +3163086824

**Join us in celebrating Lá Bealtaine (the Irish summer heralding)**



Photo ©Eric van Grootel

## CONCERTS 'SOUNDS WITH NATURE'

Connect with yourself and nature. Experience the different cultures and energies that are expressed through the different instruments. Follow the sounds of the music and be open to the experiences that present themselves, even if you partly understand them. When we experience the journey in our own unique way, we enrich each other.

As musicians we are servant to perceiving. From here we sound and confirm the present beings in their existence, in an interactive way, in direct contact. Nature beings gave us the following four themes: perceiving nature beings, affirming existence, acting and stand up for it.

## FURTHER WORKSHOP INFORMATION

**Frank Schagen** is a professionally trained guitarist and specialist in environmental hygiene; he works as a guitarist, performer, yoga and Qi Gong teacher. He plays gentle and intense with unexpected rhythms and tunes, that are deeply felt and harmonizing.

Frank facilitates Yoga and Qi Gong exercises, the sound meditations and sound concerts.

[www.harteklank.nl](http://www.harteklank.nl)

**Eric van Grootel, Bearclaw**, is a professionally trained singer and philosopher; he works as a teacher, performer, director, choir conductor and author in many countries. Bearclaw is his shaman name. He masters subtle sound awareness and the energetic aspects of voice and language sounds.

Eric facilitates the workshop 'Subtle sound awareness', shamanic breathing (powerful and deep breathing exercises), the sound meditations and sound concerts. [www.ericvangrootel.nl](http://www.ericvangrootel.nl)

**Yael** is inspirator, spaceholder and writer; and she works part-time in a management support job. As experienced spaceholder she brings peace in space whilst creating a safe space for interconnectedness and enabling all to be present as it is.

Yael facilitates the nature meditation, the sound meditation and sound concerts; she is also space holder of this weekend and the ancient consciousness of nature. [www.levenskrachtpotentieel.nl](http://www.levenskrachtpotentieel.nl)

**Marieke Bosman** is a professional teacher and social worker; she also works as heart inspirator empowering people to listen to their heart from her company called Heartfelt Connections.

Marieke facilitates the Heart in Nature walk (harmonizing body, mind, heart and soul). Living in Ireland she is the main organizer of this event. [www.aheartfeltconnection.org](http://www.aheartfeltconnection.org)