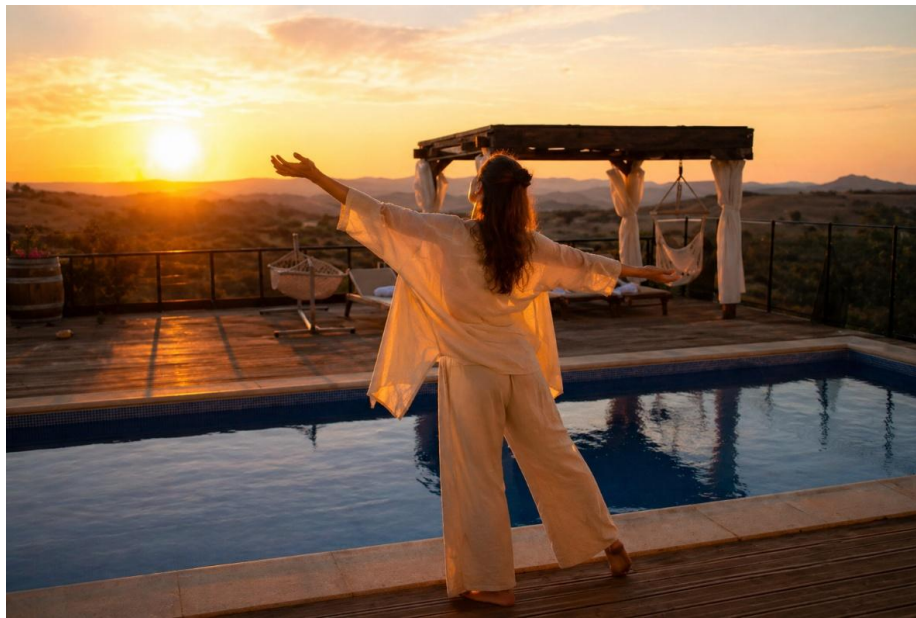


VOICE BEING – Come Be Voice with Shai Dayan

“The Voice Being program has been developed over the past thirty years. Shai’s deep study of philosophy, meditation, music, voice, and sound forms the essential foundation and underlying thread that permeates this work. Through his own direct experience, understanding, and ongoing study, he offers a profound love for – and knowledge of – the power of sound and voice.”



In a quiet place, near São Luís, in Alentejo, an opportunity arises for an intimate, deep, and transformative experience.



Awareness through Voice

Becoming aware of our true nature is our highest goal. Since ancient times sound and voice have been used for this purpose. At present this knowledge is introduced anew.

The voice is usually regarded as a tool for self-expression. A good question would be, 'what do we mean by 'self'? There are varied dimensions to the idea of self, from the personal self to the universal self. Study of the personal self will lead us to the knowledge of our personality. Study of the universal self may lead us to knowledge of the universe. The voice is primarily made up of two elements, breath and sound. Breath is universal, it is life itself. Sound is unique, and therefore individual. The voice is a way for life to express itself in a unique way.

It is one thing to hear our voice as a personal expression; it is quite another to hear our voice as the voice of the self. When we become aware of this then any sound we utter will express the potency and power of its own source. By that I mean that if we allow this awareness to unfold then life will use our voice to flow freely through us. That is its nature, that is our nature. A free flow, a free being.



The Voice Being retreat invites you to pause, breathe, and truly listen to your own voice. Not as a technique. Not as a performance.



but as a path of presence, freedom, and self-knowledge.



The Voice Being experience is both deep and joyful. Through it, we discover the simplicity of silence as pure presence. It is a simple practice of inner inquiry through breath, group improvised singing, and activities with our bodies – in movement, in space, and with one another. Through music and dance, we directly experience our true nature.

Here, it does not matter whether you know how to sing. What matters is allowing yourself to feel and come into contact with your essence.



Who is Shai Dayan?

Shai is a multi-instrumental improvisation artist.

Composes music for dance projects and films.

A certified meditation teacher by the "International Meditation Institute" in India where he studied philosophy and meditation for 5 years.



In the last 30 years explores sound and silence as means of exploring life.

Teaches improvisation and self-inquiry

Holds workshops in Israel and Europe, using music, voice and movement as instruments for becoming aware of our true nature.

Participated in rock, jazz world music and street theatre ensembles in New York, Australia, Austria, Germany, Spain, India, Norway, Hungary and Israel.

Composed, played and performed in dance productions of Israeli choreographers such as Nimrod Frid, Shahar Dor, Ilanit Tadmor and Orly Portal.

Participated in 'Improbiza Ensemble', which created improvisational live performances in dance, music and theatre. Composed, played and performed in projects shown in the Israeli International Festival in Jerusalem, Acco Festival, Tel-Aviv Guitar Festival, World Music Festival in Budapest, 'Quatre' Barcelona Festival, 'Osterimprofestival' of Music And Dance improvisation, Germany, the Peace Accords Signing Ceremony in Oslo, Norway.

Composed music for original television series, 'Eretz-Ir' (country'city), by Amit Shalev. Composed music for short films, including a film by Alon Benari who won 'best film' Volgin Prize at the International Film Festival in Jerusalem.

Composed music for National Geographic video clips.

Created the research program 'Voice Being' with which he teaches around the world.



“The study of the wisdom of the voice is fascinating and has been giving me joy me for many years now. I feel that there is much yet to be unfolded, but the path is beautiful and fascinating and full of surprises and gifts. I tend to question a lot, trying not to worry about the answers. I enjoy the dance in the world, and you are most welcome to join me”.

Shai Dayan



Details

Only 7 participants

€350 with full board and lodging included

Registrations: WhatsApp 962 730 796 — Carol Costeloe