

Dear friends,

I am thrilled to announce that my friend and colleague, Jane Fenton, and I have been given the opportunity to run a [Breathing Bow](#) retreat this coming October, from the 16th-20th, in a [sumptuous farmhouse](#) set in 180 acres of Provencal countryside near Blauvac. Normally such a venue, with it's spacious, light-filled yoga room looking out over the fields, luxurious en-suite bedrooms, huge bespoke kitchen and dining room, would be unaffordable to me. However, since my husband, the painter [Julian Merrow-Smith](#), and I now run several painting workshops there a year, the owner has agreed to let us have it for four days at a musician's, rather than an amateur painter's, rate! Whilst we are still working on the details, I wanted to let you know first.

We have room for ten participants only. Or eight participants with their non-participating partners.

This is a huge chance, so hurry to reserve your places!

The earlybird price for a participant is 10% discounted - just £520 instead of £575, and £350 for (the two lucky) non-participating partners. This offer is available until July 31st.





We will be having wonderful vegetarian, locally sourced cuisine. Whilst we are considering several chefs at the moment, please don't hesitate to send in your recommendations!

Hoping to see you there, to share moments of discovery, release, and opening in the beautiful landscape in which I am so lucky to live.

The Breathing Bow. Provence .

October 16-20 2018. A retreat for string players.



Release holding patterns in the mind and body to free up ease, energy, flow and inspiration both in the practice room and on stage.

with
Ruth Phillips
and
Jane Fenton

<http://thebreathingbow.com>
info@thebreathingbow.com
+33 6 71 81 53 57

"The bow must be a living thing at all times, and living things need to breathe"
- Steven Isserlis



"Elongation and extension can only occur when pulling and pushing have come to an end. This is the revolution"
- Vanda Scaravelli - Awakening the Spine

During this retreat in a luxurious Provencal farmhouse with its light filled yoga room, we will begin the search for freedom and presence through the liberation of the spine and the breath. Through gentle yoga based practices, we will find our ground, our backs, and look at even the smallest movement as it originates at our centre. Through breath work we will learn how the natural expansion and contraction of the body supports effortless phrasing and technique from bow changes to shifting. Through mindfulness practice we will learn how to free ourselves from crippling thoughts and judgements, and delight in the present moment. In the quiet French countryside, nourished by healthy locally sourced vegetarian cuisine, we will develop a set of tools for daily use to promote presence both in the practice room and on stage, to find freedom on our main instrument, the human body, and to reconnect with our joy in music-making.

Price £575

"Ruth and Jane were skilful and patient facilitators of a natural process, creating a tangible sense of joy in the room" - Sophie

"I feel like a new person! My mind is truly blown!" - Marian

Ruth Phillips...

is a baroque and modern cellist. She has a Master's degree from Stony Brook University in New York where she studied with Timothy Eddy. Other sources of inspiration have been regular coaching with Andras Schiff, Steven Isserlis and Sandor Vegh. Ruth played with the Chamber Orchestra of Europe for many years and with Glyndebourne Touring and Garsington Operas. Ruth runs 'Breathing Bow' retreats from her home in Provence. She is qualified in Voice Movement Therapy and has completed trainings in meditation with the Buddhist mindfulness teacher, Tara Brach, and in Non-Violent Communication.

Jane Fenton...

is a cellist and yoga teacher. She received her performance diploma from the Guildhall School of Music where she studied with Stefan Popov, Raphael Wallfisch and David Takeno. One of the founding members of the Guildhall String Ensemble. Jane was principal cellist with Glyndebourne Touring Opera for eighteen years, and is currently principal cellist with Garsington Opera. Jane is a qualified ITEC massage therapist and is member of the British Wheel of Yoga, having completed her training in 2003 under Peter Blackaby in Brighton. Jane has taught yoga as an aid to performance in schools as part of the secondary school curriculum.