

the naked voice

Dear Naked Voice Training Applicant

We are delighted that you wish to apply for the 7-12 March 2010 Naked Voice Training – Awakening Through Sound.

Receipt of the following requirements will confirm your place on the Training. If you have already fulfilled (a) and (b) of the application requirements please ensure that you submit a new (c) Statement of Intent, which builds on your previous work with us, as well as confirm the new date of your silent retreat.

Introduction to the Naked Voice Training

1) Application Requirements - Send the following to arrive at the Naked Voice office no later than 22 February 2010.

- a) CD demo: Send us a CD or tape of 3 - 6 pieces, either songs, chants, improvisations or poems. NB The quality of recording does not have to be professional standard.
- b) Vocal Self Portrait: Send us a typed self-portrait of your own relationship with your voice, inner/outer, spoken/sung, as you have experienced it over the course of your life, from childhood through adolescence and adulthood. You are entirely free as to the style in which you write this e.g. poetic, prose, documentary, or a combination of these. Enjoy the process. You will find it challenging but rewarding.
- c) Statement of Intent for the Training: This will indicate to us the nature of your commitment to the Naked Voice practices and principles, what inspires you to attend this training, which aspects of the work have particular resonance for you, e.g. energy movement, the therapeutic skills, witness work and silence, the *singing field* concept. If you are a facilitator trainee please update us as to how many trainings you have attended (and if appropriate) your experience so far of using the Naked Voice work in the world.
- d) Silent Retreat: Take time out before the Training starts, for 2 - 5 days, to be entirely silent, without any external stimulus if possible (see Guidance Notes below). Silence is the source of all sound.
- e) Photograph: Please send in a facial photograph of yourself to assist us in our administration records (e-mail is fine).

2) Contract of Commitment – see attachment

3) Booking Requirements and Options

- a) **Your £100 deposit** for the Naked Voice Training confirms your

booking on the course.

- b) **Full payment** - If you prefer you can send the full payment of £845(inc deposit) or **£795** before 11 December 2009.
- c) **Standing Order** - In order to help you and us to provide our treasured venue with their required financial deposits over the next six months, prior to the October Training, we are asking you to consider paying The Naked Voice by instalments, as indicated below. This approach also enables you to pace your finances effortlessly, and to satisfactorily complete payment before the course begins. Once we have received your £100 deposit and your completed Contract, Tim will send you The Naked Voice bank details. Then, all you have to do is set up a Standing Order into the Naked Voice account, and forget about it.

Standing Order as follows:

Deposit:		£100
Installment 1:	Nov 30 th	£186.25
Installment 2:	Dec 31 st	£186.25
Installment 3:	Jan 31 st	£186.25
Installment 4:	Feb 28 th	£186.25
Total Payment:		£845

Guidance for your Silent Retreat

The focus of this two day retreat is to become inwardly calm and to really enjoy being alone with yourself. You are encouraged to spend this retreat on your own, however, please ensure that if you are accompanied by a friend, that you agree not to speak from the beginning to the end. If it is valuable for you at the beginning of the day and at the end before sleeping, take half an hour to sound the 'Aum'. If you don't have a drone instrument, you may consider using the drone 'In A' CD.

It is okay to make a journal of the experience, but I advise you not to read books, answer the telephone or attend to any daily administrative business (if you are at home). Make sure that you have all provisions on board before you begin and kindly stay at base apart from going on nourishing walks if that is possible, or any other healing exercise such as practising Masashi's movements.

Ask yourself at the beginning of the day, "How effortless can I be today?" and at the end of the day "How effortless was my day?" Don't judge what happened, just accept and re-affirm your commitment to witnessing your self without judgement. Meditation on the breath is also an invaluable means of centering down.

Please let Tim Chalice the office know when your silent retreat dates are, so we can be thinking of you and supporting you from afar.

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Application Form

Dates: 7-12 March 2010, Buckland Hall, Bwlch, Brecon Beacons,
Powys LD3 7JJ, Wales, UK
Times: Arrive for 6.30pm start on first day, finishing with lunch
on final day at 2pm.
Cost: £845, all inclusive/£795 'Earlybird' special if paid by 11/12/09

Name _____

Address _____

Postcode _____ Telephone No _____

Email _____

Are you intending to complete the full Naked Voice Training? Yes/No

I would like to apply for the above training and enclose payment (either £100 application deposit or earlybird offer) with my training application.

- I enclose the £100 non-refundable and non-transferable application deposit (balance of £745 payable by 7 February 2010)
- I enclose full payment of £845 (or £795 earlybird by 11 Dec 2009)
- I enclose the £100 deposit and would like to pay the balance in Installments

Please sign here _____ Date _____

Cheques (sterling pounds) payable to: **The Naked Voice**

If paying by MasterCard / Visa: Card no _____

Exp date _____ Security No _____ Issue No _____

Name on card _____

Please return to The Naked Voice, 2nd Floor, 24 Park St, Bristol, BS1 5JA, U.K.

The Naked Voice Training Contract of Commitment

I.....am committed to completing the
Naked Voice Training I have booked for.

- I understand that the £100 deposit is **non-refundable** and **non-transferable** under any circumstance.
- I agree to pay the balance for the training **one month before** it begins. This is both a commitment to myself and the work and also to assist The Naked Voice with advance venue and facilitator costs.
- I understand that except under extreme circumstance (accident/serious illness preventing my taking part or death of family or significant other) the following cancellation fees will apply:
 - 50% Cancellation Fee if cancelling between one month and two weeks of the start of the Module
 - 75% Cancellation Fee if cancelling between two weeks and one week of the start of the Module
 - 90% Cancellation Fee if cancelling in the last week before the start of the Module
- For those undertaking **Awakening Through Sound**: I agree to purchase and work with 'Your Naked Voice' in advance of the workshop to familiarise myself with the essential Naked Voice practices.
- For those undertaking **The Compassionate Voice**: I agree to purchase and work with 'Your Naked Voice' and 'Awakening Through Sound' in advance of the workshop to familiarise myself with the essential Naked Voice practices.
- I will not reproduce Naked Voice work without acknowledging where these exercises have come from.
- I am aware that this training will only permit me to work as an official Naked Voice Facilitator or Teacher once I have successfully completed both parts of the training and demonstrated my competency in this field, as recognised by Chloe Goodchild and the Naked Voice Facilitator Association.

I have read all of the above:

Signed.....Date.....

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