

### Who is this Course for?

*This course is for everyone who wants to explore how rhythm weaves its magic and develop a deeper understanding of music.*

It will be a real rhythmic workout and will stretch the boundaries of your musical world via lots of SINGING, INSTRUMENTAL PLAYING, IMPROVISATION AND MOVEMENT. Above all, the workshop will open doors for you into the heart of musical meaning. You will find Michael's approach is holistic, strongly practical and utterly professional. N.B. All the music will be taught using new aural and movement learning processes.

A Bookshop of Resources related to the workshop theme will be available.

### Testimonial

Tonalis is watering the roots of music and reviving the mystery. IT IS VITAL WORK.  
JONATHAN HARVEY - celebrated COMPOSER, AUTHOR OF 'MUSIC & INSPIRATION' AND 'IN QUEST OF SPIRIT'

### Course Leader

**Michael Deason-Barrow** - Director of Tonalis - has always had a deep need to look at the world of music from wider perspectives. He has built a reputation as a master teacher and has taught at all levels from universities and schools to community music contexts. You will find that he has the gift of making profound musical questions clear and utterly fascinating. Michael is also that rare exponent in music, an expert with a universal attitude, a specialist equally at home with professionals and non-specialists alike.

**Early Bird Fee:** £115 (for booking by June 1st) £125 (by July 15th) £132 (thereafter)

**Couples, Group of 3+ & Concessions** (students, OAPs & the unwaged) £100 by June 15<sup>th</sup>

**Work Scholar:** £85 This discounted fee is available to students and the unwaged.

**Times:** 11am - 7pm Friday; 10am - 6pm Saturday; 10am - 5pm Sunday

**Meals:** Lunches and Suppers are available in local cafés. Tea & Coffee will be provided.

**TONALIS, 4 Castle Farm Close, Leighterton, Glos. GL8 8UY. Tel: 01666-890460**

### APPLICATION FORM: 'The Inner Life of Rhythm'

*Please complete and send to the above address, with a non-refundable £40 Deposit/Admin. fee payable to 'Tonalis'.*

Name: \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_

Would you like to receive an accommodation list of i) local B&Bs and ii) family hosts (c.£20/night)? Yes ☐ No ☐

# The Inner Life of Rhythm



## Journey into the Mysteries of Time in Music

from • Natural & Measured Rhythms  
to • Sacred & Cyclical Time

- Learn Vibrant Songs & Play Amazing Rhythms from All Around the World

*Tonalis*

Course Leader: Michael Deason-Barrow

31<sup>st</sup> AUGUST - 2<sup>nd</sup> SEPT. 2012

VENUE - TONALIS MUSIC CENTRE, STROUD, GLOS  
Enquiries: Tel.: 01666-890460 / info@tonalismusic.co.uk

"When a man sits with a pretty girl for an hour -  
it seems like one minute.

But let him sit on a hot stove for a minute -  
And it's longer than any hour." (A.Einstein)

There's PSYCHOLOGICAL TIME.

(e.g. we speak of feeling the 'pressure of time' and of how 'time flies')

There's CLOCK TIME (i.e. precisely measured mathematical time).

There's SACRED TIME (e.g. in meditation and religious ritual).

There's also NATURE'S TIME (e.g. the cycle of the seasons).

Have you ever wanted to develop a deeper understanding  
of **HOW RHYTHM WEAVES ITS MAGIC**,  
and how composers evoke different kinds of time in music?

*This course is for people who want to:*  
participate in a larger world of music than music theory speaks about,  
through learning all about the key elements of rhythm in terms of  
their living qualities and deeper meaning.

Above all, we'll get beyond the outer rim of mere rhythm names  
and sink deeply into the inner workings and archetypal power of rhythm.

All this will lead to startling new insights that reveal

### **THE HIDDEN SIDES OF RHYTHM IN MUSIC.**

Along the way you'll find there'll be illuminating thoughts from the likes of:  
Leonardo Da'Vinci and Rudolf Steiner to Umberto Eco and Albert Einstein.

## **Key Themes the Course will Explore**

### **The Mysteries of Time. What do we mean by Rhythm?**

*Come and explore the MYSTERIES OF TIME IN MUSIC, such as:*

- How different culture's and historical epochs experience time differently,  
*from* • Dreamtime to • Cyclical and • Linear concepts of time
- How different tuning systems embody different experiences of time and space
- How melodic intervals can become rhythms • What is Harmonic Rhythm?
- Why in the Middle Ages some metres were called 'perfect' and others 'imperfect'
- On and Off - Upbeats and Downbeats. Why some cultures live in the lightness of the upbeat and off beat, and others enjoy the weight of the downbeat.

**From Natural & Breath Rhythms to Eternity - Explore Non-Measured Time**  
Get inside subtle forms of musical rhythm that are not based on any pulse or metre:

*i) NATURE'S ORGANIC RHYTHMS*

e.g. • the Celtic knot rhythms of Irish Sean N6s

*ii) Rhythms where music is organised by PHYSIOLOGICAL TIME*

(from the breath of a flute player & the bow on a string, to the natural duration of gongs)

e.g. • 'breathing Zen' rhythms in Japanese Music

*iii) SACRED TIME*

e.g. • the eternal time of Gregorian Chant • the Alap section of Indian Ragas.

Here you'll experience how 'no amount of time can make eternity'.

St. Augustine called this '*the now that does not pass away*' (ie. the timeless now of Buddhism).

### **Discover How Time is Organised in Music**

Get inside how composers create underlying time structures and rhythmic soundposts,

*from* • How phrasing and grouping maps the flow of time

• How every beat in a metre has a different quality

*to* • Cyclical time in Indian & African music

### **'Counting is for People who don't Dance' (African proverb) Learn and Teach Rhythm through Movement**

In many cultures music and dance are so inseparable that they share the same word.

*So come and learn*

- ways that the whole body can learn rhythms (e.g. via body orchestration)
- Michael's innovative '*Movement Words*' system where each mnemonic is associated with a specific rhythm, and directly conveys the link between duration and movement  
and • rhythm languages such as 'Takadimi'

### **Play Vibrant World and Contemporary Rhythms**

*from* • energetic African rhythms & • foot stomping South American Grooves

*to* • East European rhythms & • mysterious Middle Eastern visions of time.

*Plus check out* • New Forms of Rhythm in Contemporary Classical Music

(from • Stravinsky's 'Rite of Spring' to • Messiaen's 'Quartet for the End of Time').

### **Learn an outstanding array of Rhythm Games and Songs**

*including* • GREAT SONGS that are full of unforgettable rhythms  
from an upbeat Nigerian Song to a Bulgarian Dance Song

- GAMES TO HELP DEVELOP CO-ORDINATION between our left and right sides
- RHYTHM IMPROVISATIONS with intriguing titles such as 'ON AND OFF' & 'FIXED AND FREE.