



CircleSong

find what you're looking for
...trust in yourself

an Empowerment Workshop
in one or two parts

How can CircleSong help?

Empowerment at a deep level:

- What are my qualities? (Possibility)
- What do I want? (Conviction)
- Who am I? (Identity)
- What do I live for? (Spirituality)

CircleSong can be used for

- discovering of wishes and possibilities
- the assessing of limitations
- development of solution strategies

It develops and trains individual and communal confidence and consciousness.

For whom?

- teams wishing to improve on their cooperation
- professional associations of therapists
- teams or groups that want to work on spiritual awareness
- individuals who wish to reflect on their past, present and future

How does CircleSong work?

Through a clearly defined ritual, participants are helped to formulate their goals or questions and to focus their attention upon them. By improvisational singing and playing simple instruments, a state of heightened concentration and awareness is achieved. This in turn helps to find answers to the questions or dilemmas that are harder to solve in an participants ordinary state of mind. Everyone's individual process is important here, and the uniting power of the Circle is used to create a sense of cooperation within the group.



Practical data:

The CircleSong as a workshop is lasts one morning, afternoon or whole day. In the latter there is more time to work in depth with the experiences of the morning session.

Requirements: a quiet room, preferably without chairs, but with carpeting; a pillow to sit upon for each participant. In good weather we can also work outside in quiet surroundings.

Maximum number of participants: 30

Programmes

a half day: 09:30-12:00 or 13:00-16:30

- Explanation & Full CircleSong - *short break* - Sharing

a full day: 09:30-16:30

- Explanation & Full CircleSong - *short break* - Sharing
- *long break*
- Explanation & Guided Imagerie
- or Trance-Journey - *short break* - Sharing

Cost

companies, per participant:

a half day session €100,-

a whole day session €175,-

(including 19%VAT & use of instruments;
not including international travel expenses)

societies & non-profit, per participant:

a half day session €25,-

a whole day session €40,-

(including 19%VAT & use of instruments;
not including international travel expenses)



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About the facilitator:

I am Klaas Kloppenburg (7 April 1961). I trained as a singer and studied music therapy. I worked in Mental Healthcare since 1989. Since 1995 also in private practice (Cearcall) in Hoorn, Noord-Holland, Netherlands. Since 1995 I have also included Shamanic and Druidic techniques and rituals within music therapy, namely with the large Hand-drum and Voice. During the last 6 years I have been busy developing CircleSong, which is also very useful outside the therapeutical setting. Since 1999 I lead monthly CircleSong sessions in my home town Hoorn and have lead several international workshops on the subject. Currently I'm writing a book on CircleSong.

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