

Plan to join us for a trip of a lifetime to the Isle of IONA

October 13-20, 2022 or/and June 24-July 1, 2023.

These are our replacement dates for those who signed up for our July 1-15, 2020 dates that needed to be cancelled. Fortunately, the Hotel has honored our 1st and 2nd deposit payments and have offered us the above dates.

Please study the information below and then let Christina know if you will be continuing on with your plans OR joining us for the first time. Participants will be selected in the following manner. Based on a first come first served basis, we will accept those who have confirmed their prior commitment or according to date, have expressed their desire to join our very special offerings.

Designed especially for our International Harp Therapy students and graduates, we are also accepting their friends, partners or those who are interested in the harp or are lovers of the harp. If we have space, we also invite those who love to follow the Ceile De tradition, who are interested in Guided Imagery, and our new Module 3 – Therapeutic Music for End of Life and Palliative Care, in addition, we have special offerings on music of Hildegard von Bingen, Prose and Poetry or simply enjoying being with a group of harp players, vocalists, writers, artists and explorers for a week.

To hold your space, please contact HarpRealm@gmail.com. Once you have stated your preference and whether you want a roommate, Christina will let you know if there is a space available. If there is not a space at this time, she will put you on the waiting list as some people have reserved who may not be able to make the trip.

Because we anticipate about 100 people, we have reserved two weeks - October 13-20,2020 and June 24-July 1, 2023. We will feature our presenters so that both groups will have lectures that are included. In addition, there are two longterm programs that will start in IONA and continue online – those are additional fees. See below for the offerings.

This Retreat Conference will offer lectures in the morning and time for exploration of the island in the afternoon. We are pleased to announce that our beloved Fionntulach will join us again. In addition we have Julie Darling, Barbara Crowe, Erin Durrett, and Ludwig Conistable as our key speakers. In addition, many of our IHTP graduate attendees have much to share with you in all kinds of areas of the healing health realm. Below, you will read about the offerings of our speakers

EICSE

Divine Inspiration on Iona

EICSE - Divine Inspiration at the Brink of the Waters

In Alwyn Rees' CELTIC HERITAGE, *"The thin line between opposites has essentially the same significance as the dangerous bridges that lead to the citadels of the other world... Irish poets deemed that the brink of water was always a place where EICSE - 'wisdom', 'poetry', 'knowledge' - was revealed."* Rees extends this concept to the juncture between two seasons, or to a plant like mistletoe, which is neither a shrub nor a tree. To nimbly jump back and forth between this world and another would not be as spiritually significant as being aware of this supernatural juncture.

Here are our key speakers followed by their offerings and short bio.



So many tempting lecture offerings from our Key Speakers!



Fionntulach

Fionn will be exploring with us some of the history and Myth-story of Iona, revealing why it is and always has been such a special and powerful place.

She will also be sharing ancient Gaelic sacred chants, many of which date back as far as pre-Christian times, some of which are said to have originated on Iona itself. She will also introduce us to one of the many ancient Bardic ways of finding musical inspiration through "reading the music of the land"; Nature, to the ancient Celt, is nothing less than "Otherword Melody, translated in to form"

Fionn's third presentation will be left open to whatever need emerges from the heart of the group as the days progress: this spontaneous presentation is an ancient form of teaching in the Céile Dé tradition, called *Immradi*; (a sacred voyage in words).

BIO: Fionntulach is Head of the Céile Dé Order, based in Scotland. She has been teaching the tradition for almost thirty years and is also an Anam Chara (Spiritual Guide). She first met the Céile Dé community whilst touring the Highlands when she was still known as Fiona Davidson, a Bard (Traditional Celtic harper, singer and teller of sacred stories). When she became head of the Order and its main teacher, she had to let that part of her life go, although she is still known to sometimes use story-telling and the power of Myth when teaching. Fionn, as most people call her, describes the Céile Dé tradition as "a glorious blend of Celtic reverence for Nature, disciplined practice and Christ-consciousness - the transformative power of Love."

For more information about the Céile Dé tradition see - www.ceilede.co.uk

Workshop Offering: October 2022 and June 2023



Julie Darling

Julie Darling of 'Spiritual Harp' will present:
'Iona Essence'

The art of weaving words and music on the Isle of Iona.

The performance of the spoken word accompanied by the harp is an ancient art. The weaving together of words and music goes back to the roots of poetry itself. Julie Darling will use harp meditations, imagery and words to guide you into a space of stillness where you can become deeply attuned to the elemental aspects of sacred Iona - the wild wind, her ancient rock and the pristine light and colour of sky and sea. During three sessions, Julie will guide you in the process of allowing your own words to flow from the place of the heart, expressing your own unique poetic response to this ancient and holy place. She will demonstrate an intuitive approach to the interweaving of the spoken word with the music of the harp, and how this can be used in a variety of therapeutic settings.

BIO: About Julie Darling

Julie Darling's Celtic harp music is inspired by the natural world and the teachings of the contemplative Celtic spiritual path which she has followed for more than twenty years. Her intuitive approach to her 'Spiritual Harp' work is widely recognized for its ability to bring peace, inspiration and sense of empowerment to people from all walks of life, including inner city children living with poverty and disability, and those seeking to discover deeper meaning and healing in their lives. Julie lives in the North of England, in a deep green valley where she plays her harp and writes poetry, while sitting in the woods and fields, by the running water. Her other favorite place is the Isle of Iona - her spiritual home, which she has visited for many years. Julie performs around the UK, at festivals, meditation centers and spiritual gatherings, and also leads retreats. Her music has been called 'the music of perfect peace'.

Workshop Offering: October 2022 and June 2023



Barbara Crowe

A Transpersonal Model of Music Therapy Deepening Practice

She will take us on an exploration of a transpersonal psychological model and its applicability to all aspects of music therapy practice. Transpersonal therapy encompasses extraordinary and transcendent experiences, modes of spirituality, and human development to states of wholeness and “super sanity.” She presents the basic principles and assumptions of this model and explores the three elements of a transpersonal therapy practice — transpersonal context, content, and method. These elements are applied to music therapy in an effort to deepen practice. Topics in her book that she may cover in the workshop include: developing the transpersonal music therapist through mindfulness training; music generated transcendent experiences; and special ethical considerations in transpersonal work. Existing music therapy practices are considered from a transpersonal perspective and applied to a wide spectrum of clients, including those with Alzheimer’s disease, developmental delay, and mental health condition (i.e., eating disorders, addictions, trauma victims).

Workshop Offering: June 2023

Barb Crowe is no stranger to the International Harp Therapy Program. She is one of our four CORE Professors. She has shaped just about every graduate of the program from 1998! Barb’s lectures are fascinating and full of both factual and inspirational topics and details. Most are familiar with her book *Music and Soulmaking* – however, the last chapters of that book were her lead into her new book:



Erin Durrett

Hildegard Von Bingen and the Water of Life

Composer, painter, writer, doctor and one of the great spiritual lights of her (or any) age, Hildegard's works take us into the depths of consciousness where we will explore the sacred nature of holy water and glorious sound! This class will include field trips to the seashore and the Holy Well of Iona to sing, play and draw inspiration from the Source. Erin Durrett will introduce Hildegard through one of her iconic chants, *O Vivens Fons*, focusing on learning simple vocal and instrumental material and improvisation in Mode III.

"O Living Fountain, how great is your sweetness..."

BIO: ERIN DURRETT, SOPRANO, from Vashon Island, WA, describes herself as a Buddhapalian – (Buddhist + Episcopalian) who loves music of all times, genres, and cultures with a special passion for sacred chant. Trained as a Cantor at St. James Cathedral in Seattle, she is now Director of Music Ministries at The Episcopal Church of the Holy Spirit on Vashon Island. Erin works with vocal music as an artist, teacher, and healer. She continues to direct the Explore Celtic Spirituality series of sacred gatherings for storytelling, poetry, and music.

Workshop Offering: October 2022

A special note of interest. During the October 2022 Gathering, you will see Judith Hitt during the week. We have selected 6 teachers who will be studying with her to learn how to teach Resonant Kinesiology to our future IHTP students in our Affiliate Programs. While this is a closed teaching, you may experience our teachings where you may experience a session on your Resonance with one of the trainees. During this week I will also be teaching our Music Theory for RK instructors – so it is likely you will be receiving some of their various practices as they learn from Judith – both in Sound Healing AND with music!

AND REMEMBER

October 2022 AND June 2023: Personal harping among many of our Professional Certified Therapeutic Harp Practitioners regarding their work in Harp Therapy! Learn from one another on this special Island!

We have two very exciting offerings (that require extra payment) along with our other lectures that are open to you without additional pay. These two classes are the beginning of long term studies. In October, we will be offering Ludwig Conistabile's Guided Imagery with Music accreditation course starting in October. Here is his information. It is one of the most amazing courses I have ever taken! Learn new sound patterns and how they affect people.



Ludwig Conistabile

GUIDED IMAGERY WORKSHOP

Harp Therapy & Guided Imagery Method

Ludwig Conistabile is an Italian harp therapy practitioner, with twenty years of experience and research in the field of music therapy, guided imagery and spirituality. In Ludwig's approach, traditional Guided Imagery is combined with music and harp therapy principles, thus creating a powerful, double intervention channel, that works at cognitive and multi-sensory levels. This method focuses on two main areas: Deep Relaxation and Creative Visualization. The former aims at enhancing our ability to reconnect with our Self Core and Manage Stress; the latter focuses on creating the enabling conditions for our Creativity and Healing potential to arise. The Method can be easily adapted to suit several therapeutic interventions needs, from Yoga or Mindfulness practice, to Meditation, Soundbaths, Preventive care for Stress Management, PTSD treatment, Coaching or ad hoc interventions in clinical settings and much more.

Ludwig has been collaborating with the IHTP as a Guided Imagery Instructor for some years. In Iona he will demonstrate the HT&GIM Method and talk about the building blocks of the Deep Relaxation Sound Cocoon to all participants.

Ludwig will also offer a HT&GIM Online Course to all harp therapy practitioners and students who wish to deepen their knowledge of Visualization and Guided Meditations combined with Improvisation and Immersive Sound experiences. The new edition of the HT&GIM Online Course will start in Autumn 2022.

For those who decide to enroll in the Online Course, a first introductory module will be given in presence in Iona. They will be able to join the rest of the Online group starting from November. For information about the HT&GIM Online Course and reviews, please visit: www.harptherapyworld.com
If you wish to contact Ludwig for further information: info@harptherapyworld.com

This introduction workshop on Day 1 aims at understanding the basics of **Guided Imagery** and how harp practitioners can benefit from some easily applicable harp and sound therapy techniques in their personal and professional life.

Guided Imagery Therapy involves the therapeutic use of **Visualization** to bring about positive changes, induce a relaxed state of mind, reduce symptoms and enhance coping abilities. Music is at the same time a vessel and a creative and emotional content trigger, that can be extremely beneficial if used correctly.

Participants will learn how to create and maintain an *hour long session of non-stop music, with Improvisations in 4 modes, Voice induction and Creative Visualization stimulation*. They will learn how to create and enhance a positive and soothing, perceptual experience, across all sensory modalities.

After the first day Introduction, Ludwig will then begin the in-depth study of his Module 1 accreditation program. After your hands-on experience with him during the next 4-5 days, you will continue with the Module on-line throughout the year. You will receive a certificate of completion that is recognized in the Guided Imagery world as well as receive your 20 Continuing Education Units.

Workshop offering: October 2022

For our special offering in **June 2023**, the IHTP has been developing a very desired program
Specialized Music for End Of Life and Palliative Care

STAY TUNED!

Currently, we are designing a new Module/Program to be added to the International Harp Therapy Program. Taught by Alix Colin - CTHP, Jayne Demakos - CTHP, CM-TH, along with the teachings and directorship of Liesbeth Schroen - CTHP and Christina Tourin - CTHP, MT, you will go on a year journey of developing specialized *Music for End-of-Life and Palliative Care*. This is not a Music Thanatology program but a program that will take our students into the realm of music development and understanding of the various stages of End-Of-Life and Palliative care.

The program is under development at the moment and more information will be forth coming but for those who especially play in Hospice and Palliative Care situations, this goes far deeper into the elements of music that provide that sacred Cradle of Sound. This is a 'post graduate' course for certified therapeutic harpists designed to offer a very focused mastership study. You will learn how to work with the elements of music and sound to create harmonies that rise above the ordinary. This course will be in the future, an attendance course held in both the Europe and USA with our opening European pioneer group starting in IONA 2023! We invite you to consider being in the first class! Stay tuned for more information. At present, we still have quite a few openings for June 2023, if you are interested in pursuing this avenue and combining it with going to IONA. Those interested in this course and have signed up or onto our waiting list will receive priority.

Here is a more in-depth description from Jayne Demakos

I would like take a minute to clarify my role in the new and upcoming 2023 module 3 *Therapeutic Music in End-of-Life and Palliative Care*: While I am a certified music-thanatologist, I come to our developing program, *Therapeutic Music in End-of-Life and Palliative Care* as a certified therapeutic harpist. I also bring with me over 17 years experience in hospice and end-of-life care that will help inform our curriculum. My approach will be an accessible and common sense approach to being at the bedside of the critically ill and dying. There may be some cross over where music-thanatology and therapeutic music share competencies and standards. Especially, I will be teaching Gregorian Chant. But we expressly will not be teaching anything specific to music-thanatology**. Our program will be especially to prepare graduates of NSBTM affiliate programs to work deeply and fully with the critically ill and dying building upon the foundations already learned and cultivated in the early IHTP trainings. It is for those certified therapeutic harpists who would like to deepen and focus upon their work with the dying. Many thanks for all of your dedication and work, Jayne

** There is a music-thanatology school being developed that is hoped to launch in 2023 (Accorda Music-thanatology Institute, www.accordaschool.org).

NOTE: We are also hoping to travel to Italy via France where Christina plans to take those from the class who wish to visit the Hospice in Beaune and to stop by Cluny and Taize. Tentative plans are to attend a retreat in Italy with a possible concert at a castle.

Greetings!

This is going to be such a wonderful time. What better place to bring the healing qualities of our therapeutic harp gathering than to be on the Isle of Iona and be in the absolute center of healing on the planet! Our gathering which usually runs 5 days in most years will be leisurely this time spread over 7 days - allowing us time for integration, for exploration of the island while incorporating the profound callings of why we are here on this planet.

Fionntulach, a leader in the Ceile De tradition, will introduce us to the Sacred Ceile de Tradition, known to the island that was the forerunner of the early Christian settlements by St. Columba. She will guide us into that thin place between the veils!

WELCOME - The St. Columba Hotel offers superb food and warm, friendly service in an environment of relaxation and comfort. Comfortable sun lounges and restaurant provide glorious panoramic views, in ever changing colors over the Sound of Iona to the Ross of Mull and the mountains beyond. An open fire warms the inner lounge.



St. Columba Hotel with organic gardens



The entrance to the hotel



The lounge in the hotel



The grounds outside the hotel



Delicious food with Veg. options



The sea view from the rooms

ISLE OF IONA - The famous Inner Hebridean island is only three miles long by a mile and a half wide. The ferry from the Isle of Mull to Iona takes approximately five minutes. Even before the Christian era, Iona was considered to be a place of special spiritual significance - there are said to have been over 300 standing stones on the island. Today it is most famous for the coming of the passionate and renegade St. Columba from Ireland in 563 AD. The Saint founded a small Celtic monastery here, and for 34 years, carried on his work of introducing Christianity to the Scottish mainland until his death in 597 AD.



Castle on the way to IONA



The Holy Well on top of Dunn I
Is believed to be a Fountain of Youth



Old Celtic Crosses exist on the island as well as the stone pillow of St. Columba at the ruins of his first monastery



The ancient stone circle – The Hermit's Cell
It is believed that monks actually illuminated part of the Book of Kells by candlelight in what would have been this covered Cell

The Benedictine Abbey was built in the 12th Century, but fell into ruin after the Reformation. The buildings have now been restored.



The Abbey



Inside the Abbey



The Nunnery



Oran's Chapel

There are many explanations of the origin of the word "Iona", and some think it is derived from I-shona, the Blessed or sacred Isle. It is also curiously significant that the Hebrew word for Dove is "Iona", the Latin 'Columba'. Optional Trip - Local boats sail twice daily to the Isle of Staffa where you will find Fingal's Cave. Wildlife including whales, dolphins, porpoise, basking sharks, seal pups, puffins and many other sea birds are often sighted on these trips. And Midgies! (no seeums – so bring your favorite repellent). But you may just be lucky when you enter Fingal's Cave to hear a choir singing in the echo chambers. That was our treat in 2003!



Isle of Staffa



Fingal's Cave

Within walking distance of the hotel are a wonderful choice of beaches, mainly of white sand, others with multi-colored pebbles and shells. It is hard to leave the island without a pocket full of little treasures. Expect to enjoy sand dunes, rock pools, beach-combing and excellent swimming, when the sun shines, in crystal clear turquoise water. Packed lunches may be ordered in advance and bikes are available to hire on the island.

FINANCES

The rates included a full Scottish breakfast, delectable evening dinner, taxes inc. and leadership by featured speakers. We are reserving the hotel from the 13-20th of October 2022 and that of June 24-July 1st, 2023. Because we are on peak season for the 2023 gathering, the costs that you will see in are in green parenthesis. Take a look at the costs below based on 7 nights. At the time of deposit, please indicate which room configuration you will be interested in. We will do our best to based on first come first served of the rooms that are still available. Give us your 3 choices.

Take note - The following prices are in GB pounds. All rooms have bathrooms - some with showers, some with tub/shower.

There are:

- 7 single room(s) with sea view **£1350.70** (£1516.67) per person per 7 nights
- 2 single rooms(s) on the back side **£1177.94** (£1316.54) PPP7N
- 2 family room(s) with sea view (twin/double bed) **£1260.89** 2 each* (£1412.58 2 each*) PPP7N
- 1 twin or can be a double with sea view **£1260.89** (£1412.58) PPP7N
- 4 double rooms(s) with sea view **£1260.89** (£1412.58) PPP7N
- 5 twin(s) with sea view **£1260.89** (£1412.58) PPP7N
- 1 Superior twin/double room with sea view **£1440.40** (£1620.60) PPP7N
- 4 twins(s) back **£1074.20** (£1196.46) PPP7N
- 1 family room back (twin/double bed in room) **£1074.20** (£1196.46) PPP7N

Remember these prices are in GBP. Your invoices will reflect the exchange rate at the time of payment. Most people who have signed in have paid their first deposit and second deposit already which is credited to your final bill. For new people signing up for the October 2022 trip, I will be asking for the first deposit by June 1st. This is a non-refundable payment. Your second payment will be due July 15th. Everyone's last payment is due on September 1st. If you are planning to attend in June 2023, Christina will be in touch with you and your payments will be collected after the October trip is underway – meanwhile, do get your name on the list.

Payments are made as follows for the **October Gathering**:

1. First payment (if not already paid) by **June 1st, 2022 - £200. per person – non-refundable**
2. Second payment (if not already paid) by **July 15th, 2022 - £250. per person** – if this deposit is cancelled more than 8 weeks prior to your stay and we can fill the room with a person on our waiting list, you will receive this deposit back.
3. **Final balance is due on Sept. 1, 2022** - if you cancel within eight weeks prior to your arrival and we can not fill your room with someone on our waiting list, then you will be charged £50 per bed/per night.

Note: For those who have paid the first two deposits for the hotel, I will be sending out your invoices in the next couple of weeks that reflect the new balance due to the increase in the hotel's new rates. The October 2022 is an off-season rate which of course is lower than the peak season in June 2023. But still, both are way under the other trips that are being offered so you are still getting a tremendous amount for your money. And the fact that we have 7 nights instead of 6, we get a discount on top of it.

Please be aware of these policies. In order for us to have complete use of the hotel and the lounges for our teaching spaces, without outside people coming in, it is necessary to have these terms and conditions as we will be charged by the facility.

***We highly recommend that you take out travel insurance for any unforeseen events.**

Fortunately many people were able to claim finances when we needed to cancel previously. Please plan to pay by check to avoid a 3.8% service fee on these payments if paid by credit card. As well, bank transfers incur a \$20.00 transfer fee. Nothing like the old-fashioned cookie jar to stash away your savings for this amazing trip! Let me know if you would like to do a bank transfer. Unfortunately, Christina no longer have the HSBC UK bank due to inactivity during the pandemic. Payments are to be made through the IHTP and not directly to the hotel.

Checks may be sent to:

International Harp Therapy Program (payable to)
P.O. Box 333
Mount Laguna, CA 91948 USA

Here are Estimated Ferries and Trains based on old 2020 prices.

Train from Glasgow to Oban Return Fare (RT) £45.00 (\$55.) (Although some fares are cheaper if you reserve ahead of time.

Oban - Craignure Ferry Return Fare (RT) £7.55 (takes about 46 mins)

Bus across Mull Return Fare (RT) £10.00 (takes about 1 ¾ hours)

Fionnphort -Iona Ferry Return Fare (RT) £4.10 (10 mins.) If you plan to bring a small harp, wrap in bubblewrap as it will need to go underneath in the luggage hold in the bus on top of the suitcases. (Has worked fine for Christina)

TOTAL approx. extra transportation charges £55.00 - £65.00 (with increase allowance around £75.00 for the year 2021).

Check out this site to help you in planning: <https://www.calmac.co.uk/destination/iona>

Meals at the Hotel:

A full hearty Scottish Breakfast and an outstanding evening dinner is included in your price. The hotel offer groups a set menu choice at dinner, which is usually made up of a choice of three starters, three main courses and two desserts, with tea/coffee after. Menu items are changed on a daily basis. Cooked breakfasts are provided unless a group is departing Iona before 9:00 a.m. in which case a continental breakfast with porridge is offered.

Most dietary requirements can be catered for with advance notice.

Here are a couple more notes to take note of:**Occupancy Levels**

If single occupancy of a double twin or family room is required, the room rate will be reduced by \$40.00 per night. If there are 3 occupants in a family room, an additional charge of £60. per night will apply.

If you are traveling with your spouse/partner and they are not attending the lectures, then you will receive a \$200. discount on their portion of the payment. If your partner participates in activities then it will be pro-rated so they can also partake in the lovely offerings. We will discuss this on a personal basis.

Here are some additional photos of our previous groups!





IONA Conference/Retreat Weeks - a time to restore and rejuvenate and be inspired. 20 Continuing education credits are awarded.

So, jump in if you think there is any chance you might attend. The journey is incredible and the cost is less than any tour to Scotland you will ever find. You will be with like-minded people. The dream may become a reality. Or you may simply decide at this time you want to be on the waiting list and make a decision later.

And do not worry about how to get there – we usually meet up in Glasgow and or Oban and travel together. And the airline fares are quite reasonable now – especially when people have accrued reward miles through the 3 years of lockdown from your credit card purchases!

One mention – if you are interested in add-on trips, we invite you to be part of a Hildegard Music Concert with Erin Durrett and Christina at the Mount Shannon Festival. We are planning to have our new date in October before we continue to Scotland via the Ferry with Roxanne Leonard. If not, it will be right after we finish on the 22nd weekend of October. Mount Shannon is near Limerick. More to come on added trips.

Second mention is that we are planning a trip to Italy in connection with the June IONA 2023 trip. I'd like to travel with a group to Beaune, Cluney and Taize as we travel through France to Italy. There is the possibility of a Retreat with Ludwig in the mountains OR a concert at a very interesting octagonal Castle built by King Frederic the 2nd. We will fill you in – but as you can see, you can make this a very interesting couple of weeks traveling with your fellow harp friends!

This is indeed an event you'll remember for a lifetime and who knows - perhaps your heart will call you back to Iona often!

Blessings,
Christina (Tina) Tourin
5.7.22