

# Autumn Music Week with Eli and Loes

26 October - 3 November 2024

Musical explorations for voice and instruments ~ All levels

Held at the Maison Quaker between the Cévennes mountains and the Mediterranean Sea

A very special week, in a very special place!

We are very excited to welcome Eli and Loes to the Maison Quaker as our new facilitators of the popular Music Week!

## Who are the facilitators?

Eli Wing (36) is an American composer, drummer, band leader and educator. He graduated from The Conservatory of Music at Brooklyn College in 2014 with a Bachelor in Music Education and received the same degree from The Royal Conservatory in The Hague in 2018 as part of the “lateral entry” program.

Eli has worked most of his career as a school music teacher in Dutch public and private education, and currently works at Democratic School “De Ruimte” in Soest, The Netherlands. Eli has also led private lessons and workshops, teaching everything from song-writing to “Rhythm With Signs,” a specialised sign-language used to create improvised percussion-based grooves.

As a drummer and percussionist, Eli has played in a wide variety of ensembles, ranging from traditional Brazilian to punk rock to hip-hop. Currently Eli is the rhythm guitarist, lead singer and band leader for Hushed Hands, an 11-piece, experimental pop-rock and improvisation band based in Utrecht, which Eli composes the music for.

Loes Wing (37) is a Dutch pianist and yoga teacher. She studied Classical Piano at the Conservatory of Utrecht and has a Bachelor's Degree in Musicology from the University of Amsterdam. Loes has been working as a piano teacher for almost 20 years, teaching private and group lessons to students of all ages. She is passionate about singing and has sung in (and accompanied) many choirs since her childhood.

Loes has been studying yoga and meditation since 2006, most recently with Jitske van der Velde at Yogaya Yoga School in Utrecht. There she became certified as a Hatha Yoga teacher (RYS 500). Currently, Loes is researching the cross-over between yoga philosophy and musical performance and practice.

Eli and Loes met each other in 2010 while teaching music at Appel Farm Arts Camp in New Jersey, USA. They moved to The Netherlands in 2014 and have a six-year-old son named Ivo.

**What's involved?** Loes and Eli are passionate about the communal and spiritual power of collective music making. Through different kinds of improvisational games and exercises, participants will discover new ways to approach their voice and/or instrument and, most importantly, how to effectively listen to themselves and others. While on one hand we will explore the exciting rigidity of tight rhythmic precision, on the other we will explore obscuring the boundaries with dreamy soundscapes -- and everything in between!

**Accommodations:** Our accommodations are simple and comfortable. Some rooms are en-suite, some share bathroom facilities. We have rooms available on the ground floor to ensure ease of access for guests with mobility problems and we have a shower room adapted for guests with disabilities. The meeting room has a piano which guests are welcome to play. We have a large attractive garden with many sunny and shady spaces.

**The Food:** We offer a buffet breakfast each morning from 8.30 am. At lunchtime the lunches generally consist of a salad, a quiche or other savoury dish, a dessert, fresh fruit and drink. In the evening there is a three-course meal with wine. Throughout the day there are a selection of teas and coffee available as well as biscuits and fruit. We can accommodate vegetarian and gluten free diets upon request.

**The Cost:** Facilitated Programme: 6 nights - 850-950€ private /800€ shared accommodation, includes all meals, transport to local sites, accommodation

Additional Days: 140-150€ per day private /130€ per day shared accommodation includes accommodation, transport to local sites, breakfasts and evening meals.

**Deposit Information:** Please send your 200€ deposit via bank transfer in euro or we can take a check in your own currency and we will hold it and exchange it for euro cash when you arrive. You can use Wise for an easy and inexpensive way to send your dollars or pounds to us in euro:

<https://transferwise.com/>

Titulaire : ASSOC. ASSOCIATION CENTRE QUAKER DE CONGÉNIES

Adresse : 11 AVENUE DE QUAKER 30111 CONGENIES

Domiciliation : CALVISSON

Code Banque : 13506 Code Guichet : 10000 Numéro de compte : 85177788371

Clé RIB : 69 IBAN ( International Bank Account Number ) : FR76 1350 6100 0085 1777 8837 169

Code BIC ( Bank Identification Code ) - Code SWIFT : AGRIFRPP835

We will email out further information on transportation and the schedule in a follow up email, or please see our website.

We hope you can join us!

**Amy & Chamba Cooke, amis-résidents**

Maison Quaker

11 avenue des Quakers

30111 Congénies, France

Phone +33 (0)4 66 71 46 41

[centre.quaker.congenies@gmail.com](mailto:centre.quaker.congenies@gmail.com)

<http://www.maison-quaker-congenies.org>