

MUSIC EMBODIED

30 Aug – 5 Sept 2025

A creative music course with a difference

KRYSIA OSOSTOWICZ (Violin/viola)

REBECCA GILLIVER (Cello)

JONATHAN YOUNG (Feldenkrais)

DOMINIQUE ROYLE (Physiotherapy)

JILL GREENACRE (Yoga, Shiatsu)

at LAVETHAN, CORNWALL



String players and chamber groups including piano are invited to Cornwall for an inspirational week of music-making at Lavethan, an ancient manor house in a quiet river valley surrounded by huge trees. We have space for 20 students, either in pre-formed groups or as individuals, to immerse themselves in great music in a beautiful setting, with great company, delicious food, and time to explore the fabulous surrounding countryside.

As well as chamber coaching and instrumental lessons, on this course we pay special attention to the use of our bodies when making music. Recognising that the body is our first instrument, we look at aspects of physical comfort – including occupational aches and pains – and the crucial role that body language plays in musical expression. Physiotherapy, Feldenkrais and Shiatsu massage are all available, and in group sessions we look at stage presence and discover ways to enliven communication in chamber music. Clowning workshops introduce a light-hearted note, and towards the end of the week we hold concerts in our beautiful Barn.

“This week has been such a source of spiritual and musical renovation. The inspirational coaching and lessons have renewed my love for our craft, and I leave refreshed and hungry for even more music.”

www.lavethan.co.uk

The place



Lavethan is a unique historic building whose earliest parts date back to the 15th century. Accommodation is in large shared bedrooms in the Manor House and adjoining cottages. There are comfortable living-rooms, rehearsal spaces including three grand pianos, and a beautiful concert hall in a converted barn. In the grounds are enormous trees, meadows, gardens, a swimming pool, a river, an island and a wilderness area. Tasty and healthy home-cooked meals are served in the Barn.

The course

We offer daily chamber music coaching sessions and individual lessons on request, alongside Yoga, Feldenkrais, Physiotherapy and Shiatsu massage. Jonathan Young, our Feldenkrais teacher, is also a professional clown: his improvisation workshops and classes on stage presence are inspirational, shining a new light on how we communicate in chamber music and how we behave when on stage.



The schedule



We meet at Lavethan on Saturday 30th August between 2-4pm, in time for tea, music, a group workshop and supper. Chamber coaching, lessons and other classes are scheduled for the following five days, allowing for individual requests, therapeutic sessions and time for practice, walks and chamber music reading. Towards the end of the week we will have a couple of informal concerts in the Barn. Departure is after lunch on Friday 5th September.

Travel

Although Lavethan feels remote, the journey is straightforward. The nearest train station is Bodmin Parkway, a journey of approx 4 hours from London Paddington, Birmingham or Cardiff. We will meet students arriving at Bodmin Parkway on 30th August in the afternoon; details nearer the time. By car, Blisland lies a few minutes off the A30, fifty miles west of Exeter. Lavethan's postcode is PL30 4QG, and full directions are on our website, lavethan.co.uk



Fees and bursaries



The course fee of £495 covers tuition, accommodation and meals.

We want to welcome students regardless of their financial circumstances, and several generous bursaries are available in cases of genuine need. Please enquire using the application form.

Applications and payment

Please send your application form by 15th July to osostowicz@gmail.com, enclosing information about yourself and/or your group. If you are accepted, we will request a non-refundable deposit of £120 by 1st August. Each group member should send in an individual form. For any further information, please email as above, or call 07976 755082



Tutors

Violinist **Kryisia Osostowicz** leads the Brodsky Quartet, with whom she has throughout Europe and in Brazil, China, Australia and New Zealand. She teaches violin and chamber music at the Guildhall School of Music and Drama, and organises courses and concerts at Lavethan. She studied with Yehudi Menuhin and Sandor Vegh, and later with pianists Radu Lupu and Ferenc Rados. Kryisia's early career was with Domus, a piano quartet which travelled with its own portable concert hall and made several award-winning recordings. She then formed the Dante Quartet, leading it for 25 years and winning the RPS Award for Chamber Music. Kryisia's teaching embraces not only violin playing but harmony, musical structure, the dynamics of ensemble playing, and how body awareness relates to sound quality and musical expression. She is artistic director of Music on the Moor, an exciting new arts festival in Cornwall.

Rebecca Gilliver is principal cellist of the London Symphony Orchestra, where she has been a member since 2002. She has played as a concerto soloist under the batons of Sir Mark Elder, Sir Antonio Pappano, Paavo Jarvi and François Xavier-Roth, and plays as much chamber music as she can get! Early success in national and international competitions led to critically acclaimed debuts at the Wigmore Hall, London and Carnegie Weill Hall, New York. Rebecca is also involved with musical outreach with the LSO Discovery Department, and is a Professor of cello and chamber music at the Guildhall School of Music and Drama. She studied at the Yehudi Menuhin School and the Royal Northern College of Music, where her teachers included William Pleeth, Melissa Phelps, Moray Welsh and Ralph Kirshbaum.

Jonathan Young is a Feldenkrais practitioner, theatre director and teacher. As a Feldenkrais practitioner, he has worked with the public and with theatre students, in groups and individually. He trained with Jacques Lecoq at his international school of theatre and movement in Paris, and subsequently with Sue Morrison in Clown through Mask, a synthesis of Native American and European clowning practices which restores clowns to a mythological and poetic context. For the past 25 years he has created and toured original theatre works as a director and performer. He has taught theatre, movement and Feldenkrais at various UK drama schools including Central, LAMDA and Arthaus Berlin, and since 2020 has been an Associate Movement Teacher at LAMDA. His work at Music Embodied last year was inspirational, illuminating the way we communicate in chamber music. jyoungcreative.info

Dominique Royle is a physiotherapist who specialises in treating musicians' injuries, also lecturing and writing many articles on this. She is a member of BAPAM and has been treating musicians at the International Musicians' Seminar, Prussia Cove, for the last 25 years. She uses a variety of hands-on methods including connective tissue and joint mobilisation techniques, and has also been influenced by Iyengar Yoga and Feldenkrais amongst other approaches. She focuses on teaching musicians how they can help themselves and better understand how to avoid and minimise any playing-related injury.

Jill Greenacre, resident in Cornwall, is an actor who has taken part in many theatre and film productions, including Tim Seyfert's 2022 film "Nowhere", a debut sensation which has won awards in Monaco, Canada and the UK. As well as being an accomplished horsewoman, Jill is highly experienced practitioner of Shiatsu, working both with people and with horses. Her therapeutic sessions are much valued by musicians at "Music Embodied".