

To improvise for a full week with five world class musicians was extraordinary. As each of us agreed, it was very special, unlike any musical experience any of us had had. The environment was inspiring to us, as were the three workshops we were privileged to give. The children and adults all showed an ability to grasp the idea of free creativity and produced some fantastic group results. It was particularly exciting to hear the teachers and leaders of the groups enthuse and declare their aim to continue the practice. It was something of which they had had no experience. This is not unusual. Free improvisation is increasingly understood as having tremendous benefits - for brain development, therapy, relaxation - but still is relatively rare. My personal aim is to spread awareness of this transformational and stress free activity. Spontaneity week was a significant step in demonstrating its power. I'm grateful to Kestle Barton for having the vision to host and sponsor the event and very much hope it can become an annual occurrence.

Tim West

# SPONTANEITY

Music improvisation series at  
Kestle Barton, Cornwall  
10, 11, 13, 14 & 15 October 2015



*Hi lovely people!  
Well, what a fantastic week, yes!  
Loved every minute of it, and what  
a special place to be able to make  
music as well.  
More please!  
love, Matthew (Barley)*



We attended the Spontaneity workshop on 15th October 2015 with a group of trainees from Holifield Farm Project, our day center for people with additional needs. 15 people attended with various abilities and interests. The workshop was pitched perfectly, giving us access to play and experience orchestral instruments up close and personal. The interaction between the musicians and the group was very well done and made everyone feel included. It gave us the opportunity to learn about music and how it can provide freedom of expression. The trainees would not normally be exposed to such quality of sound and welcoming atmosphere.

The Lizard has been shaken before & the seismic rumbling of events as it impacted Greater Britain 300 million years ago can still be sensed. One might be forgiven for thinking that Kestle Barton, sitting astride this impact horizon, is transforming that energy into a gifted process of its own. Most recently 5 world class musicians, lured by undisclosed promises, blended improvisation with empathy edging telepathy. I missed day one when they played as individuals, but was there for the rotating pairs, trios, & quartets of days 2, 3 & 4 respectively, & the whole ensemble, followed by a more structured concert, on day 5.

The experience leaves, in one who rarely hears music, the urge to sustain a note.

Chris Harris



I am not a musician, but I have an eclectic love of music, sometimes carried away by the emotion it induces, sometimes just fascinated by the intricacy and beauty of the sound, particularly live, from skilled musicians.

It was intriguing, to sit in the garden outside the gallery and listen to the musicians improvising, the setting perfect, and the gallery itself acting as a sensitive acoustic space. I spent an enjoyable morning hour there on both Tuesday and Wednesday, inside and just outside the gallery.

However, I did not quite know what to expect at the concert on Thursday evening, but to my added joy, it was an amazing musical experience, intelligent and exquisite. A variety of music, with each piece fine-tuned to the musicians, the instruments and the space (and the audience). As an illustration, Tony Woods, swapped his saxophone at one point for a Chinese hulusi: the effect was magical, and at the end of each phrase, there was a distinct jewel like resonance from somewhere, I could not tell where. Intrigued, I asked about this after the concert, and Tim West, the pianist, explained with evident enthusiasm, that this had come from the open strings of the piano, enabled by him pressing the sustaining pedal! A perfect example of talented musicians being given the opportunity to explore not only the possibilities of playing together, but also the subtle qualities of instrument interaction in that particular and lively acoustic space, which is the Kestle Barton gallery.



Hello Tim, Karen, Tony, Nette, Matthew and Julian,

Thanks Karen and Tim for taking care of us so well last week. I really had the time of my life.

Thanks everyone at KB for a great time - great music, company, inspiring conversations and laughs. I was very sad to have to leave early.

I stopped twice to sleep on my way home, eventually getting there at 5am followed by an eventful couple of days when the car with all my equipment parked in a secure gated area in London was broken into. In a separate incident my wallet was stolen followed by a cycling accident in London. No one seriously hurt and, remarkably, in the break-in I only lost my laptop and a few other bits.

These events were quite a contrast to the previous days' experiences at KB but things (wallet etc) are just that, 'things,' and it showed me how the value of 'things' pale into insignificance compared with the spiritual experiences of last week.

Thanks again. I hope to see you all soon.

Torbjörn

Torbjörn Hultmark

Amy West, Project Manager  
Holifield Farm Project

Martin Grimshaw 21/10/15