

TRANSFORMATION THROUGH SOUND & VOICE WORKSHOP

SATURDAY JUNE 1st 11.30 am - 3pm



IN ASSOCIATION WITH THE CARRABANE ARTS FESTIVAL 2019

VENUE .. LOUGHREA FAMILY COMMUNITY & RESOURCE CENTRE , PIGOTTS STREET, LOUGHREA

This workshop will be exploring the connections between voice body and mind and introducing singing as a healing voice modality. Yes, you can sing! Your voice is totally unique. The voice is the primary mode of our self-expression. Come and experience the freedom of singing for self-expression, wellness and fun. The day will include group singing , vocal toning, breath work , movement and meditation All voices are welcome and no singing experience is required.

This is a free introduction workshop, only donation toward costs.

WHAT TO BRING

Wear comfortable clothes. Bring a yoga mat, warm blanket socks.

REFRESHMENTS : Tea/water/ snack will be provided.

FACILITATORS

MARTINA FLAHERTY - Sound & voice therapist , voice profiling, voice coach , founder of "Transformation through sound & voice" singer/songwriter, performer/ musician.

NATALIA KRAUSE - NLP and Tai chi teacher, singer/songwriter/ performer.



FOR BOOKING & INFO ...CONTACT

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