

Sing Because It Uplifts You **A Simple Path To Greater Self Awareness**

Sing Because It Uplifts You – will calm your busy mind and relieve excess tension you feel. Through singing & sound you'll explore ancient wisdoms that have been used for thousands of years to make you feel good by balancing your mind, body and spirit.

Sing Because It Uplifts You is a total program of 6 weekly sessions where you'll awaken to the magical effects of singing as a spiritual practice and a way to build community. You'll thoroughly enjoy singing songs from various cultures including chants, mantra and gospel. You'll feel the amazing benefits of creating harmony in a group, so **no solo singing is required**. Even more you'll apply simple sound techniques to maximize your powers of relaxation and re-balance your body. You'll:

- ✓ Discover how ancient people had a sound for everything and ways you can apply that to enrich your life now
- ✓ Understand how sound affects your health and well-being
- ✓ Appreciate why singing is so good for you
- ✓ Apply simply vocal techniques to enrich your spirit
- ✓ Learn how sound can improve your creativity and intuition
- ✓ Utilize your voice to access an inner calmness
- ✓ Change your words to change how you feel
- ✓ Discover the secret art of using sound to re-balance your self
- ✓ Feel the magical effects of chanting, mantra & sacred songs
- ✓ Awaken to the effectiveness of your 'inner' body
- ✓ Learn daily practices for staying 'in-tune' and balanced

You'll explore this through readily applicable techniques of visualization, movement, breathing, and voice designed to help you 'tune-in' to yourself. Even if you've never sung before you will certainly feel the physical benefits and enjoy this in the company of others. Come join us!

"Excellent! This enabled me to face my fears and I'm even stronger..." Monica Kelly, Nurse

"I really enjoyed this! It helped build my self-esteem and confidence in speaking in a group as it was very relaxed and fun..." Sinead Murphy, Physiotherapist

"Michelle guides each individual to connect with and accept their voice in a supportive, non judgmental and joyful way" Anita Mahon, Vocalist & Choir Director

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