

***Claim Your Voice** (Yoga Inspired)*

Recommended Cost: \$40

Recommended Length: 3 hour

The Voice is an instruments of our spirit. 'In Resonance' our voice is a vessel for transformation, manifestation, understanding, and self esteem. Yet, many of us struggle to express ourselves in a way where we feel authentic and heard. This workshop explores the multiple dimensions of voice and gives participants a greater understanding of their unique voice and how they can build the skills and confidence to communicate with more clarity, confidence, and resonance.

This workshop includes:

- Introduction to Triad of Resonance
- Tools to clarify your thinking
- Communication skills
- Vocal techniques
- Dyads (2 person communication and connection)
- Connection through Sound & Silence
- Mantra & Song

Do you...

- ~ Want to be heard and understood
- ~ Desire to feel more connected to your voice
- ~ Wish to clarify your thinking and articulate your truth effectively
- ~ Desire more authentic conversations and communication
- ~ Feel shy about singing or speaking and want to gain confidence in your voice?

Are you curious about...

- ~ The power of your voice
- ~ How internal dissonance can be harnessed to access greater self esteem
- ~ How sound & voice can create a space of transcendence
- ~ How to use the voice as a vehicle for expressing your spirit
- ~ Mantra & Sound as a pathway to wisdom and transcendence