

What You Will Learn

In this class, you will learn how your own voice is the most powerful sound healing instrument. In this full day class, you will get to learn the following:

- Vocal techniques to free up your voice and tightness in your throat.
- Learn voice warmups, EFT (Emotional Freedom Technique) to clear resistance.
- Use your voice for self-healing through toning, chanting
- Use your voice to release your physical and emotional pain.
- Basic introduction to harmonic overtone singing.
- Learn to heal others using your voice, demonstration and practical (in pairs).

Benefits to You

Voice is a powerful sound healing instrument. It can be used to:

- Release fear of speaking the truth and expressing yourself
- Self healing of physical and emotional pain
- Remove tensions and pains in the body
- Release any pent up anger and grief
- Release constriction in the throat
- Teeth grinding and jaw tension
- Eye problems

Voice

Class Outline

Voice Therapy

9.30AM

Registration

10.00AM

Voice warmups, EFT (Emotional Freedom Technique) to clear resistance

10.30AM

Toning and Sounds for Clearing Emotions

11.30AM: TEA BREAK

11:45AM:

Other vocal techniques including conscious humming and voice healing

1.00PM: LUNCH BREAK

2.00PM:

Harmonic overtone singing

2.30PM:

Healing others with your voice, demonstration and practical (in pairs)

3.30PM: TEA BREAK

3.45PM:

Second method to heal others with your voice, demonstration and practical (In pairs)

4.30PM:

Discussion and presentation of Certificates of attendance

5.00PM: END

Therapy