

## Your Authentic Voice

### A Workshop with Pamela Alexander Of Ananda Wellness Resources



Pamela offers vocal, breathing and movement practices to help open and embody your voice, express yourself authentically, harness the energy of your emotions, and listen deeply and compassionately to yourself and others.

### Friday Night Singing Circle: Nov 20<sup>th</sup>, 7-9pm, \$25

Join us for an evening of singing, chanting, moving, breathing and simply being together. Dissolve tension, nourish your body and explore your unique sound in a group context by singing chants and songs from various world traditions. No singing experience necessary!

### Authentic Voice Workshop:

**Saturday, Nov 21<sup>st</sup> 10am-5pm, \$100 (includes Friday night)**

Through the medium of our Sound & Silence we will explore:

- Supportive movement and breath work
- Music as Homeopathy: nourishing & healing ourselves with our voice
- "Free Singing": singing from our authentic source to free the voice to new spaces
- Seven Sounds of Love: specific sounds of the Indian scale related to the 7 chakras
- "The Singer, Compassionate Listener and Witness" in communication
- The Singing Field: music that arises from human conflict, and the music that is beyond the origin of conflict

### To Register:

Phone: 403-320-6763

Email: [spirityoga@shaw.ca](mailto:spirityoga@shaw.ca)



[www.spiritinmotionyoga.ca](http://www.spiritinmotionyoga.ca)

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