

No One Ever Hears Me!

Maybe it's because you have yet to learn how to speak with a voice that others can and want hear. Maybe your 5th Chakra isn't quite open or maybe it isn't open at all! Maybe it's time for you to explore how you can develop confidence around sharing the expressions of your 5th chakra for better, more fun and clearer communications with your friends and family ☺ If this is ringing true for you then this is the place to be!

Heart of Voice Playshop with Stella Davies

Sunday, February 26 from 1:00 - 4:00 p.m.

Ever felt awkward about your voice and would love to be able to express yourself with more freedom and power? Do you have a sense that there is so much more to explore? Come and discover the wisdom, creativity, passion and deep soul of your own amazing voice in a safe, supportive and playful space. Allow the heart to sing free and the throat chakra to find its power and presence; explore your own spiritual, emotional, physical map through sound using the Indian Scale; let your own voice freely resonate and create with others in a 'song of the soul'. Come and discover the Heart of your Voice.



"You are a song, a wished for song.....move to the center, towards silent knowing." Rumi

\$35 pre registration by February 22



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