

VOCAL PORTRAITS

learning to listen with the voice

A trio of autumn workshops
exploring singing and listening

Saturday afternoons 2-4pm

£20 per session

£55 for all three

**Advance booking is advised and
preferred**



20th October, 17th November, 8th December
2018

at The Complementary Health Centre,
174 Manor Lane, Lee, SE12 8LP

Tools for Inhabiting our Bodies, the World, the Present Moment

Tune into your voice and gain access to vocal control to develop a healthy and joyful relationship with singing. Singing enhances our quality of life and generates calm, energy, expression, presence, inner awareness, stress relief and increased physical and emotional health.

Small group work led by vocalist Portia Winters, BA (Hons) Music, MMus, MISM, Estill. Portia has been singing, writing and performing for 18 years and teaching and mentoring for 9 years. She works with everyone from practicing artists to the 'tone deaf.' (Because there is really no such thing as being tone deaf!)

For adults of any age or gender

Open both to those without previous singing experience and those who already love to sing