

The Wild Voice

Explore • Express • Experiment • Embody
9 to 16 June at Kalikalos Holistic Centre

The voice is the mirror of the soul: At the same time the voice has its home in the body. We will focus on becoming more aware of our bodies and the natural flow of breath and sounds within. By exploring the connections between voice, body and soul we are enabled to express what is found there. A creative combination of vocal techniques, movement and bodywork encourages participants to experiment by releasing the power of their natural voices in a safe, supportive environment.

with
Shamanic
Practitioner
Val Stagg



Val Stagg

“Let me underline that when I speak of singing I do not see it only as an artistic exercise but as a possibility and a means to know oneself and to transform this knowledge into conscious life.”

Alfred Wolfsohn



"Wow, I feel so grateful, so released and so much sense of tribal sharing that I've been wanting and missing. Sang my little heart out tonight."

Rebecca W

"Just home from a lovely night of toning, making rhythm and sound and listening and being listened to. Val is so skilled in gently bringing our sessions together. Thanks for tonight... will go to sleep with a grin and a hum."

Christl G

Each day will begin gently, tuning in to our bodies, breath and voices: resting, rolling, stretching, shaking, bending, walking, dancing, groaning, moaning, sighing, squealing... whatever is needed to get ourselves into the flow where we can fully embody the voice in the moment. Attention will be given to listening to ourselves, each other and the stillness between the sounds. We will play with sound and rhythm games and create group soundscapes that can be meditative or playful. Practices which help to heal blocks in voice, emotions and body will be taught; one session being dedicated to the Voicing the Soul process which uses the Chakra system with individual affirmations. Sound meditations, toning and overtone add to the exploration of the healing voice.

Each session will end in group singing, with an emphasis on chants which honour Mother Earth.

No singing experience is necessary!

Benefits include:

- *increased self-confidence and self-esteem
- *relaxation of muscles
- *better breathing
- *enhanced creative expression
- *bringing balance to body, mind and spirit

In the afternoons there will be time for the beach and relaxing in nature. Other opportunities for vocalising and for one-to-one healing sessions will be available.

"For the first time in my life I am singing! In tune too! Your workshops released my trapped voice! Thank You!!"

Alexia S

"The group was facilitated gently and with strength, and appreciation of each other was developed from the start"

Trudy D



About Valerie Stagg

I have facilitated groups creatively and spiritually for over 25 years. I am a Reiki Master/Teacher, Shiatsu therapist, Shamanic practitioner, Sound Healer and Voice Facilitator. Trained in jazz singing and community arts I love to perform jazz, chansons and my own songs with particular joy in improvising. Vocal development includes workshops with Roy Hart teachers and masterclasses with Tuvan singer Sainkho Namchylak.

I am passionate about supporting people to access and develop their natural voices by freeing up both body and voice to unleash the full range of power within. I also love to help people strengthen their connection to their wild selves through ceremony, shamanic journeys and connecting to Mother Earth

www.spiritvoice.co.uk

Tuition and full board accommodation: E400

For more information and booking please contact Kalikalos

www.kalikalos.com