

Baba Yaga's House Workshops 2018

The Wild Voice

Explore • Express • Experiment • Embody

24 Feb 11am to 4:30pm at Clymping Church Hall, BN17 5RB

By exploring the connections between voice, body and soul we are enabled to express ourselves more fully. 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.

We will tune in to our bodies, breath and voices: doing whatever is needed to get ourselves into the flow where we can 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. The singing of chants which honour Mother Earth rounds off the day. No previous experience necessary.

A follow-up to the workshop in September 2017; this one is open to anyone who feels moved to come along and explore and express their voices.



with
Voice
Facilitator
and Sound
Healer
Val Stagg



Val Stagg

About Val

I have facilitated groups creatively and spiritually for over 25 years. A Reiki Master/Teacher, Shiatsu therapist, Shamanic practitioner and performer, I am passionate about supporting people to access and develop their natural voices by freeing up both body and voice to unleash the power within.

www.spiritvoice.co.uk

Fee: £45

Spaces are limited so to secure a place please contact tinacockett@btinternet.com or mobile 07966 423113

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