



Harmonessence Choirs & Voices Presents:

Connect with your body and mind and tap into the awesome power of your voice. Mindfulness with singing can reduce anxiety, relieve stress and relax your body and mind, allowing to express yourself more freely. Everyone is welcome.

# ***MINDFULNESS SINGING WORKSHOP***

**29th JULY 2018 10.00am - 1.00pm**

**Fee: £26 Conc: £23**

**Book your Space now: [debra@harmonessence.co.uk](mailto:debra@harmonessence.co.uk)**

**Evolution Arts, 2 Sillwood Terrace, Brighton BN1 2LR**