

Sounding The Source™

(an exploratory vocal workshop)

Facilitated by **Sheinagh Anderson**

www.sheinagh.com



Sounding the Source are voice workshops with a holistic approach to vocal development, acknowledging the entire being in the process; body, mind and spirit. These fun and gentle voice workshops teach the tools to access one's own unique vocal qualities and develop them within a group experience. Group participants are guided step by step into expanded vocal techniques designed to develop:

- **Vocal strength and endurance**
 - Clarity of speech
 - **Tone and Texture & Colour**
 - Increased resonance
 - Projection
- **Breath support for Sounding**

Participants are encouraged to validate their own unique voice, release fear around speaking and singing, increase self-awareness through voice work, develop self confidence and self-esteem, and enhance their creative potential.

Some of the exercises you can expect:

- **Sonic Bathing**
- **Colour & Sound Projection**
- **Gifting & Receiving**
- **Energy Activation**

Sheinagh Anderson is a professional performing/recording artist, singer, creator, and teacher. She has toured with **Cirque du Soleil** performing as the principal vocalist in North America and the Asian Pacific. As a master voice teacher Sheinagh has developed a practical and intuitive approach towards the performance and teaching of voice. Her workshops have been successful at Sacred Music Festivals, Yoga retreats, healing circles and private gatherings.

A guided and accompanied one hour vocal exercise CD is available for purchase at all workshops. It is also available at

Banyen Books & Highlife Records in Vancouver.

Online at www.sonicguru.com or www.sheinagh.com

For more information on this workshop and booking one in your home:

Please contact Sheinagh: omsaraswati@shaw.ca