

A Workshop Series.

Band Aid for Singers

CARING FOR YOUR VOICE



DATE: 6th Aug or 23rd August '10

Time: 8p.m-10p.m

Registration start at 7:30p.m.

Venue: Farrer Park.

It will be sent to you upon registration.

Fees: \$30, pre pay or \$40 on the day.

Inclusive of a Singers Well-Being Pack worth more than \$10.

This workshop can also be customized to your choir groups and organisation.

A WHOLISTIC APPROACH TO VOCAL WELLNESS.

Many people use their voices all day long. Singing, teaching, speaking, the list goes on. But due to excessive use, it is also prone to abuse and problems. Wouldn't it be great if you learnt some simple effective ways of taking care of your voices so it can help you to communicate effectively with others?

Learn a simple 3 step process to taking care of your voice.

1. Prevent

Many of our vocal problems can be prevented through proper warm up exercises. You can also prevent injury when you know how to project effectively. Learn some of these great exercises at this workshop!

2. Protect.

Feeling nervous? Learn simple relaxation techniques leading up to your performance so you will not lose your cool. Protect your voice from excessive and improper use. Learn to tell the warning signs and take action before it's too late.

3. Soothe

So too bad. You've lost your voice. And it's the day before your performance. Learn some SOS remedies that can help you to recover and regain your voice. Packed with simple and useful health tips, what to take, what not to take and more!

Take charge
of
your vocal
health
today!

This workshop will be conducted by Ms Iris Koh, a choral conductor for more than 10 years. Iris is also passionate about developing singers into confident, articulate and expressive individuals who have a message to share with the world.

For workshop registration please contact us at:

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ACT FAST!