

Giving Voice

Workshops and Lessons for
Rehabilitating your Essential
Voice

with CoreSinging™

Facilitated by
Rosemarie J Morgan-



Giving Voice

Times: A Giving Voice Workshop is between an hour and a half and two hours duration, with a break included.

Individual Lessons are around 50 minutes

Our voice has many uses, to let people know what we need, who we are and what we care about.

In essence, it is an expression of our inner being, and for a child, and the child within us all, it can be the musical articulation of great joy, deep sorrow and divine love.

In our **Giving Voice Workshops** you will be discovering your own voice, relating to other people and combining your voice in harmony with those of others.

This Workshop utilises Core Singing™, an approach that draws on many different disciplines, building fundamental blocks for learning about self, sound and singing.

Who Benefits: These Group Workshops are for anyone who wishes to join with others to explore voices in dynamic and joyful sound, which then develops into creating our own songs.

Activities include:

- listening and attention skills
- inner stillness
- physical balance
- energy sensing
- functional breathing
- rhythm, pitch and volume
- use of silence
- communication
- vocal relationships

Facilitator: Rosemarie Morgan-Watson is an accredited CoreSinging™ teacher and has an extensive background working in the NHS as a Specialist Speech and Language Therapist in Voice. Rosemarie is also NLP Master Practitioner. Certified Consultant - Trainer Words That Change Minds LAB Profile ,
 Graduate of the Feldenkrais Method® - Awareness Through Movement Teacher & Functional Integration Practitioner .

As a full time business partner of MetaMe Rosemarie brings a sense of fun to the joy of learning, drawing on her passion for the performing arts as well as her professional communication and presentation skills from working in the business management arena.



Workshops and Individual Lessons

Giving Voice Workshops and Individual Lessons reconnects our *being* with the vivacity of our *Essential Voice*.

They are sessions accessible for anyone who lacks confidence in using their voice, or have experienced past limitations.

VENUE: Workshops and Lessons are held at our private rooms; The Vault, Rudgwick, West Sussex

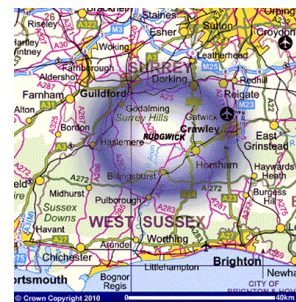
Dates & price see webpage
http://www.metame.co.uk/giving_voice.htm

Book Online or
Call: +44 (0) 1403 823 283
Email: Rosemarie@MetaMe.co.uk

Other services from MetaMe

The Enneagram | Feldenkrais Method® | Functional Integration Lessons | Awareness Through Movement Classes
Neuro Linguistic Programming (NLP) | Presentation and Communication Skills Development | Coaching
Words That Change Minds (LAB) Profile

The Vault is our exclusive private room, especially designed to host our work in of Enneagram Workshops, Coaching, Feldenkrais Method, Vocal Awareness and NLP . The maximum workshop capacity is nine people, and participants will be welcome to enjoy our garden during rest and refreshment periods. There is a co-op in the village for sandwiches, or we recommend picking up something from M&S foods in Cranleigh Village, about 10 minutes drive north.



Location 20 Miles South of Guildford and 10 miles West of Horsham, in West Sussex, Southern England. 35 minutes by car from London Gatwick Airport & one Hour 15 minutes from London Heathrow Airport. Nearest Rail Station, Horsham. Taxi coast around £18. each way.
Accommodation choices are available on our web site : Participants will be sent full directions prior to attending. Local Bed and Breakfast accommodation start from £30. per night within a 7 minute drive. The nearest recommendations for people without a car; Mucky Duck 01403 822300 from £67. or Linacre Lodge 01403 823522, both around £70. per night and about 4 minutes drive.



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West Sussex RH12 3EF UK

Booking Form and Policy

Giving Voice Workshop
Date _____

Name
House
Address
County
Town Post Code
Home Telephone
Mobile Telephone
Email

Please provide contact information for additional delegates or if you wish to be invoiced differently from the above address.

- Early Bird discounts only apply where a booking and deposit is made by the date stated
- Bookings will only be secured with a 20% deposit
- The balance must be paid 14 days prior to the event commencement date.
- Deposits are not refundable after 14 days, unless by arrangement with MetaMe. However, payments may be carried over to another workshop by arrangement with MetaMe.
- In the event MetaMe have to cancel a workshop, all workshop payments made will be refunded in full. MetaMe cannot be held responsible for any additional losses incurred from this action.
- A Bursary is granted to people who are in full time education, OAP's in retirement and people who are unemployed. Places are limited and MetaMe reserve the right to withdraw any offers or extend the criteria subject to application and advanced notice.
- Further discounts and special offers do not apply to Bursary bookings.
- MetaMe reserve the right to change prices without prior notice

Cheques Payable to METAME.
Diffirs, Church Street, Rudgwick ,West Sussex , RH12 3EF UK

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