Nature Care College

Born Singing – Sacred Sound & The Power of Voice

DESCRIPTION:

Open your heart, deepen your breath, soften your being and release your true natural voice in this soulful singing workshop with sacred songstress, singer, kirtaniya, voice coach, yoga teacher & award-winning composer, Carmella Baynie.
As babies, we are born natural singers, but over time as our spontaneous expression is suppressed, our breath and voices can become less open & free. Through the power of group singing and the intention of a supportive nurturing space, you'll be encouraged to explore the full range of your voice, including the full spectrum of sounds your voice can make! All sounds are welcome!
This fun and engaging one-day workshop will cover – Warm-ups & Wake-Ups, Vocal Asana, Yogic/vocal breathing, moving from breath to sound, vocal power and presence, sacred sounding, group chanting and more.
No singing experience required! Singers and speakers will also benefit. Suitable for anyone who wants to deepen their breath, release pain, relax, energise the body, calm the mind, discover more range and tone, access the emotional body or open the heart.

ABOUT CARMELLA BAYNIE

Carmella Baynie is an accredited voice and yoga teacher with more than 20 years experience in the practice of yoga, voice meditation, martial arts, the dramatic arts and singing. Carmella is dedicated to the use of sound as a healing force, enabling freedom of the natural and instinctive voice. She is passionate about to the use of group singing as a healing force, as a vehicle for transformation, and as a link to the Divine, and she works to combine yogic philosophy and meditation with voice technique to assist people of all walks of life to access their true powerful, beautiful and Divine voice.

"Carmella has given me a taste for singing for the soul and I definitely want more!" Rosamund Burton – body+soul (The Sunday Telegraph)

DURATION: 6 hours (1 day workshop)

WHAT TO BRING:

Please wear comfortable loose clothes
Please bring a cushion to sit on & a blanket or shawl for covering.

AFTER THIS COURSE:

You might like to consider the following related short courses:

- Mantras for Health & Healing
- Planetary Mantras
- Sounds of Chakras
- Meditative Healing Sounds
- Meditation 1 (part of the Meditation Facilitator's Certificate)
- Introduction to Energetic & Spiritual Healing (part of the Diploma of Energetic Healing)
- Asana 1 or Yogic Philosophies (part of the Diploma of Yoga Teaching)

CPE POINTS:

Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours.
Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

Please be respectful of your fellow students and arrive on time for class.
Please ensure all mobile phones are turned off prior to the commencement of class.

Nature Care College Pty Ltd ABN 77 105 282 264
46 Nicholson Street, St Leonards NSW 2065
Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503
email: info@naturecare.com.au website: www.naturecare.com.au