



Find the Power in Your Voice

**The #LiveAgain Singing Project
is about the empowerment of the voice, promoting healing and feeling well
through song.**

A mindful singing workshop for those who love to sing and for those who fear singing. For the novice and for the experienced. It is singing for pure joy and singing to heal. We will chant, sing in harmony and we will play with sounds and rhythms. Styles will vary from pop to soul to chanting to folk to to gospel and jazz. This is singing to let go. Singing to enrich the soul.

Working without instrumental accompaniment but just a cappella, in this workshop we will use sound and music to enhance our physical, mental and emotional wellbeing.

The #LiveAgain Singing Project is spawned from a project called **SING4SANE** – a charitable music and mental health initiative created by singer-songwriter **Melissa James**. Melissa invites *anyone* to join her “pop-up” choir and together they sing her song **Live Again** for better mental health awareness and to build positive human connections.

When: Friday 1 June 2018, 12 – 2pm.

Where: Groves Medical Centre, 171 Clarence Avenue, New Malden, KT3 3TX

Cost: £5. Spaces are limited.

To book tickets please do so online via Eventbrite at

<http://liveagainproject.eventbrite.com>

Make enquiries on 07960 406 982 or email liveagainsingingproject@gmail.com