

Deepen the Connection to Your Voice

**Friday 18th November
2-5pm**



So many of us believe we cannot sing, or feel we have been silenced, and so lose the connection to our most powerful tool of expression and healing we have... Our Voice

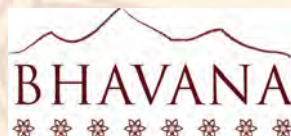
Voicework offers an experience of your voice, your unique expression, by singing mantras, movement, rhythm, sound and song, in a way that will both support and expand you. This helps to surface the patterns and habits that emerge when we seek to express ourselves authentically. Using our voice in this way can connect us to some of our deepest core feelings and emotions, which can be a powerful tool for transformation and self discovery.

Contact:

Jayne 07805 039 099
jayne@mindfulofbeing.com
£30 (£35 with Kirtan)

Venue:

Mindfulofbeing Centre,
Tresillian,
Tattershall Road,
Boston Lincs PE21 9LR



Kirtan with Bhavana

Narayani & Mat Baker

Journey into the Heart through Sound and Mantra

**Friday 18th November
6:30-8pm**



Bhavana's Kirtans, like their own voices and music, are dynamic and colourful, serving up a full range of chants, easy to follow and join in, for a powerful experience that takes you to the essential stillness inside.

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£12/£10 prebook

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