

Master Your Body! Master Your Voice!

July 10-12th

Friday

6-7 Welcome and Warm-Up “what is the core”
7-8 Movement Preparation (Core Finding Class)
8-9 Finding Air In Your Body

Saturday

10-10:30 Welcome and Lingering Friday Questions
10:30-11 Guided Movement Prep
11-12 Using Air In Your Body
12-1 Nutrition for Singers workshop - Let’s Make Lunch!
1-2 BREAK
2-3 Active Recovery Workshop

Sunday

10-10:30 welcome and warm up
10:30-11 Guided movement prep
11-12 Exercises for Vocal Freedom Workshop
12-1 Nutrition for Singers workshop - Let’s Make Lunch!
1-2 BREAK
2-2:30 Active Recovery
2:30-3 Q&A