

Breath, Body and Voice is a workshop designed to address the varying affects our life experiences have upon our bodies, and in turn our voices. Whether a professional singer, speaker or a person struggling with chronic disease, this workshop supports the joyful expression of sound and movement.



FACILITATOR



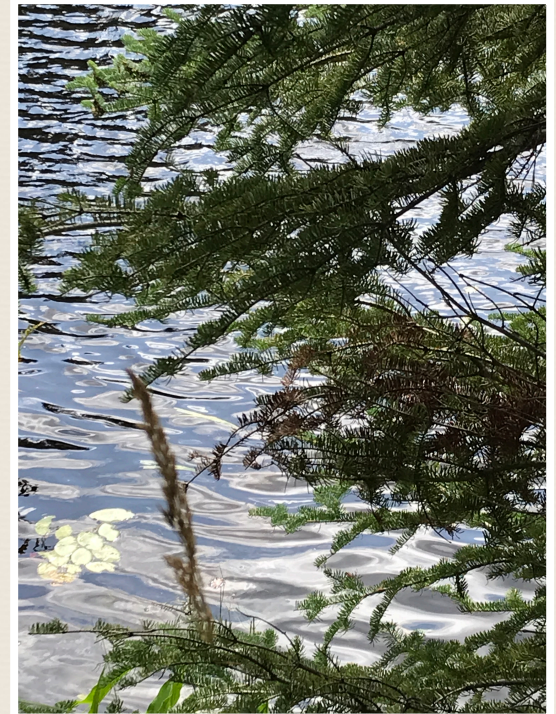
ELIZABETH HILL is a singer, composer, writer and multi-media artist. She has dedicated many many years to inspiring people through music, whether by public performance or small educational workshops. Composer, performer and teacher she assists in balancing the Breath, Body and Voice.

A Mohawk from Six Nations Grand River
ElizaBeth currently resides near Thunder Bay
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BREATH, BODY & VOICE



An active workshop designed to promote wellness, provide vocal coaching and training, and relieve participants of stress through the practices of sound and movement.





When the spirit moves me, I become the voice that speaks of love, of peace of truth and joy. I can change the world, I can change the world.
-E Hill

Breath Body and Voice is a coaching and development practice for those who would like to improve their vocal abilities, challenge personal barriers and blocks to singing and speaking, and is a general approach to the improvement of overall well-being.

Sound and movement exercises are physically low-impact, accompanied by creative and gentle approaches to challenging our own inhibitions and limitations.

Our voices create sound waves that develop into a frequency that affects everything within and around us. The BBV practice encourages balance of these waves of sound allowing us to “tune into” our environment . We align with our own voice, relax and create beauty, peace and joy for ourselves and others.

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ONE DAY WORKSHOP:

A full day workshop is approximately 6 hrs long in which participants engage in a set of progressive exercises to develop awareness of their barriers to singing and speaking. It creates an atmosphere of listening, doing and appreciating one's own sense of self. This workshop naturally creates a team and group cohesiveness in the participants as they explore their own abilities.

Notes:

WORKSHOP SERIES

A BBV workshop series is designed for those who have a specific goal for their staff, community or group. Each day, a series of progressive sound and movement exercises moves participants along the path of vocal and physical expression encouraging both self and group development. For further details 1-807-631-4639.

Notes:

EDUCATION & TRAINING:

Breath, Body & Voice workshops can be designed to include information regarding the physical, mental, emotional and spiritual efforts of healing from past experiences and generational affects in our lives. These workshops will incorporate scheduled instruction in the arts of healing oneself and encouraging balance in our healing journeys. info@elizabethhillmusic.ca

Notes: