

# WOVEN

## SONG CIRCLES

### VOCAL WORKSHOP ~ EVENTS

Therapeutic vocal workshops designed to bring you home to your voice by reconnecting to the body, breath and sound to release emotions through authentic vocal expression.

As a trained music therapist, Hollie will guide the group through a range of vocal experiences to promote physiological well-being including: breathwork, improvisational approaches, somatic voicework, harmony and voiced movement.

The 2hour Woven workshops are tailored to your event or program to provide participants with a relevant experience and the opportunity to embody learnings and release fears through sound and therapeutic voicework.

*Themes of exploration could include:*

- ~ Relationship to voice
- ~ Releasing stored emotions
- ~ Archetypes of self
- ~ Healthy boundaries
- ~ Being seen and heard
- ~ Cleansing the throat chakra
- ~ Reconnection to the body
- ~ Singing for self-care
- ~ The power of play
- ~ Connecting to your unique voice

Singing as a group allows for witnessing and baring courage to open the voice in the presence of others, such intimacy cultivates intergroup connectedness and a sense of belonging. Vocal workshops interweave our voices, stories, healings and songs ~ We are Woven.

### PACKAGES

*Location:* Space provided by the organisation, on the Sunshine Coast.

*Travel:* Additional charge for locations outside our service area to account for travel expenses and allocation of time/wages. Price varies depending on distance.

#### Large group 20 > participants

\$20 per person

#### Intimate group < 19

\$25 per person

(minimum of 6 participants)

*Groups with 9 people or less are facilitated solo by Hollie.*

Woven workshop events can be either feminine focused or all-inclusive inviting men and women. All workshops are led by Hollie Morris, Woven co-facilitators are provided for larger groups 10 > and are chosen depending on the intention.

*Song sister ~ Kerri for feminine circles*

*Baritone brother ~ Sheldon for all-inclusive circles to support a balanced approach.*

For bookings & additional information contact: [woven.songcircles@gmail.com](mailto:woven.songcircles@gmail.com)