



Your Mindful Voice

A Weekend Retreat

Exploring Breath, Body and Vocal Expression

When: February 22-24, 2019
2 p.m. Friday – 3 p.m. Sunday

Where: Ralston White Retreat, Mt. Tamalpais
2 El Capitan Ave., Mill Valley, CA

Cost: \$595 before 11/3/18;
\$680 after 11/3/18 (pay by 1/18/19)

Includes 2 days and nights of lodging, meals and workshops.
Massage available at additional charge with Karen Almquist.

Register at: yourmindfulvoice.com
Or call 510-710-7102



Wendy Beckerman

Musician & Mindfulness Instructor
wendybeckerman.com
eastbayyoga.com

About the instructors:

Vocal Coach Louise Taylor and Mindfulness & Yoga Instructor Wendy Beckerman created *Your Mindful Voice* after decades of experiencing how small changes can make an empowering difference in music, yoga and community. They first met in the 1990's on the professional singer/songwriter music scene that included international touring, multiple recording projects and *Fast Folk Musical Magazine*. Their distinctive talents and easy friendship ignited a creative synergy in collaborative performances, recordings and songwriting support. After branching off into teaching, they rejoined with a deeper understanding of how the thinking mind can either support or obstruct the joy of singing and self-expression, inspiring the birth of *Your Mindful Voice* in 2015.



Louise Taylor

Musician & Vocal Coach
louisetaylor.com
hawaiischoolofvoice.com

Whether singing or speaking—or in the silence between—the essence of *Your Mindful Voice* is practicing openhearted presence in the company of others.

- ❖ Discover the body as your unique instrument of creative expression
- ❖ Release tension and resistance with simple techniques
- ❖ Experience how conscious presence supports vocal ease, power and tone

It's a simple and powerful idea: The act of singing or speaking can bring greater presence, just like mindfulness meditation. Both require focused effort and non-judging awareness of the body, the breath and the task at hand.

Through guided meditations and inquiries, group singing, individual coaching and creative exchange, participants explore the links between mindfulness and vocal expression.

All professional and amateur singers/speakers are welcome and no previous mindfulness or yoga experience is necessary.