

Natural Voice Retreat

with Anthony Johnston

Thurs 24th to Sun 27th October 2019 ~ East Down Centre, Devon, UK

Exploring the power of the natural voice to connect us to life,



ourselves and each other

~ Awakening your true nature through your natural singing voice ~

You will be guided through a step-by-step process that frees barriers and blocks around your ability to sing, to express and to communicate yourself. We will use voice, breath work, song and movement with times of reflection and sharing. Experience how giving voice to what is true can connect us to our 'essence' and how it can bring us into a richer, more meaningful contact with ourselves, others and the natural world.

~ Aims of the Retreat ~

Over the course of the retreat, we will work on freeing your 'natural' voice. Learn how to unlock your power to express yourself creatively and authentically, beyond fear, self-doubt and old patterns of relating.

~ sing from your essence ~ learn the healing power of listening without judgement ~

~ sing with ease, flow and freedom ~ free your inner critic ~

"I feel so inspired and enlivened to have experienced my voice as such an incredible vessel for self expression and self-discovery, and for communication of myself to myself, to others, to nature and to life. Parts of myself that often don't get expressed were set free and given life. I felt so very alive, so very present to my body and feelings, so present to nature, so full of the joy of witnessing others reveal themselves through sounds and song. The trust and support amongst all of us developed very quickly because of the way you facilitated the weekend; gently inviting us to connect, to listen to and see each other in a loving, kind and generous way. Your support was impeccable throughout, so full of heart, care, warmth, humour, gentle challenge and skilful guidance. I am overflowing with gratitude, love, inspiration and song". Alix Thorpe - Shiatsu Practitioner & Doula

~ Anthony Johnston ~

Anthony is a group facilitator, musician, singer and choir leader. He has spent over 25 years exploring how communication and the singing voice can empower our personal and spiritual lives. The approach he has developed guides participants towards greater levels of well being, inner freedom and authenticity.

~ Enquiries & booking ~

Accommodation & meals - £185 + **Workshop** - £210 (or £160 when booked by 7th October - 6 places)

Total Fee - £395 (or £345 see above) Places limited to 12

To book - info@realvoice.co.uk or ring/text +447950052100

More info on: www.realvoice.co.uk T&C's see website for details