

VIBRATUNING EVENT

HOLISTIC VOICE WORKSHOP

Saturday, September 12 from 1-6pm



Sound therapist Christine M. Grimm will show you how to use the 5 elements of Earth, Water, Fire, Air, and Ether to develop your holistic speaking and singing voice. Breath, rhythm, and easy yoga will help you to become more confident. You'll also learn how to tone on special harmonic frequencies and work with therapeutic tuning forks to activate your powers of self-healing. No previous knowledge required. CHF 120. Max. 8.

Description: After a warm-up, we explore the qualities of each individual element in your voice.

Earth: Slow, deep voice / undertoning / even rhythms

Water: Somewhat slow, flowing, and legato voice / singing harmonies

Fire: Somewhat fast, medium loud and staccato voice / dynamic rhythms

Air: Fast, high, and light voice / melodies / overtoneing

Ether: Silence / all elements in balance



Das Troesch, Hauptstrasse 42, 8280 Kreuzlingen

Register at vibratuning@gmail.com

For more info, see www.vibratuning.com