

National Foundation for *Giving Voice* presents: A two-session course involving sound and song



Bringing Harmony to Life

Being the change we want to see

Saturdays: 7 October 2017, 11 November 2017
1.30-5.00pm in Roundhay, Leeds

with **Rachel Healey** and **Caroline Thorpe** – accredited *Giving Voice* teachers

Bringing Harmony to Life involves:

- A pro-active, responsive state of awareness
- Clarity of purpose and intent
- Embracing the wider picture
- Knowing we are loved and cherished
- Playing our part as givers and receivers of support

Who is the course for?

- Anyone who values respect and harmony and wants to help them grow – in daily life and in the world - and fancies having a song in their heart to tap into at any time.
- Anyone, regardless of state of health or beliefs - including about singing ability.



Everyone welcome: please tell us if you have particular access requirements. The venue has wheelchair access. If you want to know more or have any questions, please contact us.



£48 for both sessions (£30 for NFGV members)

Bursaries available. If you need a concession please ask us for a bursary form.

This course relates to our other event: "*Giving Voice to our Joy – Whatever else there is, there's this as well*". If you book on both there's a 15% discount £66 (£56 for NFGV members)

National Foundation for *Giving Voice*
Registered Charity No. 1140266



National Foundation for *Giving Voice*
32 Kirkhills,
Thorner, Leeds
LS14 3EX
www.givingvoicefoundation.org.uk
info@givingvoicefoundation.org.uk
0113 289 3108

Giving Voice is an approach developed by author and health educator **Jill Rakusen**. It uses sound and song to enable people to thrive in harmony with others. It's a transformational tool that can enhance all aspects of our daily lives, our relationships and our health, as well as our singing ability or perceived lack of it. It can be used at *any* time in *any* situation. You can even do it silently. **Rachel** and **Caroline** are trained and supervised by Jill and use *Giving Voice* to promote harmony, peace and joy in their lives and in the world.

Booking information

Please phone or email us in advance if you want to find out more before booking.
Bursaries: we won't turn anyone away for financial reasons. Just ask for a bursary form.
Please send booking and payment by Saturday September 30th 2016

After we've received your booking, we'll phone you (if we haven't already spoken to you about the event). This is to ensure the smooth running of the group.

BOOKING FORM - Bringing Harmony to Life

Name

Address

Postcode

Phone (day)

(eve)

Email

I enclose the fee of £

Or £..... for both courses

Or £ concessionary fee plus completed bursary form

National Foundation for *Giving Voice*
Registered Charity No. 1140266