



SINGING SEMINAR: **UNLOCK YOUR VOICE**

MARTINA NIERNHAUSSEN

FRIDAY 4TH MARCH, 7.30PM

THE LANTERN CENTRE, SYNGE ST., D 8 (BALLYGRIFFEN ROOM)

Acclaimed Paris-based choral and orchestral conductor and music therapist Martina Niernhausen has been a frequent visitor to Cantóirí Choir over the past 10 years. This time we thought we'd share her! In this 2-hour seminar, Martina will share her unique insights into unlocking the potential of your singing voice through an appreciation of:

Vocal anatomy Breathing Posture Warm-ups
Discovering your singing resonators Singing and Health

€25 PER PERSON (€15 FOR CURRENT CANTÓIRÍ MEMBERS)

PLACES VERY LIMITED. E-MAIL AHEAD TO RESERVE A SPOT: CANTOIRI@GMAIL.COM