

TUNE-IN RETREATS

Our Retreats include...

RELAXATION | BREATH | SOUND | VOCAL YOGA® | RESONANCE | PERFORMANCE ENHANCEMENT | YOGA

RELAXATION

Our retreats start with the ultimate relaxation, learning to switch off the fight or flight mechanism by the use of Fitzmaurice Voicework® tremoring exercises. Using modified yoga, the participant learns to consciously engage the immune system's automatic healing mechanism, by seeking out parts of the body that have been blocked due to physical or emotional constraints. Afterward, the body and mind are in a deep state of relaxation.

BREATH

We then continue with exercises to learn how to breathe. First, we will discover how the body is breathing when we are not paying attention to it. When we are little children we breathe deeply, but by the time we start school, our breath becomes reactive and we start breathing shallowly and holding our breath. We will learn exercises that return our breath to the free breath of a child and learn how to consciously breathe this way, giving you a mind-breath connection that will help traverse the journey through life.

SOUND

When the breath is open and the body is free, there is an experience of a sound channel that runs through the body from the pelvis to the top of the head. Yogis knew of this sound channel and called it the susumna with focal points at different places along the way called chakras. You will learn techniques to open your sound channel and tune your chakras.

VOCAL YOGA®

Vocal Yoga® is a series of special exercises that target all the fight or flight muscles in the body, elongating and relieving them of any tension that has been hindering the voice. Through the use of primal sounding exercises, the vocal power of the voice is revealed as well as the muscles which support it.

RESONANCE

You are not stuck with the voice you are born with. We all possess a rich, resonant voice. The beauty of the voice is created by various couplings of the cavities of the mouth, nose, sinuses, larynx, pharynx, and upper thorax, and, by the skeletal structure of the body. With the use of tuning fork exercises, straw exercises, tube exercises, resonant voice speech therapy exercises, and yoga toning, your best voice will emerge!

PERFORMANCE ENHANCEMENT

If you struggle with performance anxiety, creative blocks or lack of creative discipline, we have tools to help. By giving you specific tools from somatic to unconscious recovery methods (hypnosis, NLP, integrative journaling, Buddhist meditative processing) we will teach you how to improve your confidence and personal relationship with you.

YOGA

We focus on Hatha and Kundalini Yoga and harness the inherent strengthening qualities of these practices to further raise our awareness and connection between our body, mind, nervous system and breath. We also honour the spiritual traditions at the roots of these practices and value these as paths to tune into the interdependence between all living beings.

...AND YES!!!! THERE WILL BE LOTS AND LOTS OF SINGING!!!