



CALL FOR VOLUNTEERS TO TAKE PART  
IN

# Group Voice Therapy workshops

**SUMMER 2021**

led by Katerina Binova-Barbour, a student at  
the **British Academy of Sound Therapy**

## Introduction

Thank you for being interested in volunteering for free group voice therapy sessions that are taking place in **July/August 2021**. In these sessions, you will be able to experience the benefits of **therapeutic sound and singing, movement and breathwork**. I am really looking forward to meeting you in person! Meanwhile, here's some important info.

My name's Katerina Binova-Barbour, the founder of Sing Like a Lark holistic voice coaching. I am currently studying with the British Academy of Sound Therapy (BAST) for a diploma in **Group Voice Therapy**.

For over a decade, I have been providing voice therapy sessions and voice coaching. You can find more information on [my website](#).

Since September 2019, I've been delivering Sounds Good Feels Good workshops for the **Alzheimer Scotland** Centre in Kilmarnock. (The past 14 months only online.) So, my first invitation goes to this charity - to the staff and volunteers in South and East Ayrshire.

I've also been cooperating with the charity **No-one Dies Alone Ayrshire** and have invited their volunteers to participate in the workshops.

Of course, anyone is invited to participate. Please, continue reading to find out how to register.

Ayr, 3 July 2021

## The Outdoor Sessions' Dates & Venues

**SUNDAY 11 JULY 2021**, 11 AM  
DEAN CASTLE COUNTRY PARK  
PRANAMA: VOICE AND MOVEMENT

**THURSDAY 15 JULY 2021**, 3 PM  
ROZELLE ESTATE, AYR  
PRANAMA: VOICE AND MOVEMENT

**SUNDAY 18 JULY 2021**, 11 AM  
BOSWELL COACH HOUSE  
VOCAL PROCESSING TECHNIQUES

**THURSDAY 22 JULY 2021**, 3 PM  
ROZELLE ESTATE, AYR  
VOCAL PROCESSING TECHNIQUES

**SUNDAY, 25 JULY 2021**, 11 AM  
DUMFRIES HOUSE  
NARRATIVE VOICESCAPES

**THURSDAY, 29 JULY 2021**  
ROZELLE ESTATE, AYR  
NARRATIVE VOICESCAPES, 3 PM

## Brief Summary of Outdoor Sessions

Each session takes between 90 - 120 minutes. It will start with gentle exercises to establish correct breathing and warm up the body and voice.

### PranAma

Combining tai-chi like movements with singing vowels will help you relax and energise your body and mind. Great for boosting your overall health and wellbeing.

### Vocal Processing Techniques

A set of vocal processing techniques that help you to release some negative emotions as well as boost your health and wellbeing.

### Narrative VoiceScapes

By using your voice and self-reflective processing technique you can replace your old personal story with a new one that will help you grow and thrive.

## How to Register

If you want to register, please send an email to [kate@singlikealark.com](mailto:kate@singlikealark.com), or call me on +44 07787 446 450. I will send you a consent form that you need to sign and bring with you to the session. You can also register through [Facebook](https://www.facebook.com/singlikealark) or [singlikealark.com](http://singlikealark.com).



The BAST scientific method is based on a person-centred, therapeutic process. It uses the 5Rs Experiential Processing Model to ensure the best therapeutic outcomes.

THE BRITISH ACADEMY OF SOUND THERAPY



## Brief Summary of Indoor Sessions

### Voice-Bath with Relaxation

In this indoor session, you will be able to lie down and receive a voice-bath to experience a deep state of relaxation. There will be a percussion sequence to bring you back to an awakened state, followed by silence.

At the end of the session, you will be asked questions about your experiences to help you create a deeper connection with your inner self.

### Voice-Bath with Reflection

In this session, you will be using the reflective process to release a chosen issue which could be physical pain, a mental block, or a negative emotion. You will be guided to the process and there will be time for reflection and aftercare at the end.



There will be **3 indoor sessions** with Voice-Bath. Due to Covid-19 restrictions, the indoor sessions cannot start earlier than August-September 2021. The dates and venues will be planned and announced during the upcoming weeks.

If you want to listen to my online voice-bath, please visit this page:  
<https://singlikealark.com/voice-lab/>



## The Sound Therapy Research

For more than twenty years, **The British Academy of Sound Therapy (BAST)** has been providing training and undertaking research on how therapeutic sound and voice can improve health and wellbeing.

They cooperate with many key health organisations to bring these practices to communities and individuals. (The Royal Society for Public Health, National Alliance for Arts, Health and Wellbeing, the New NHS Alliance and the International Institute for Complementary Therapists.)

**Thank you again for becoming a volunteer.** You will be contributing to the amazing work undertaken by BAST. Some of the collected data will be added to the body of research for the effects of therapeutic voice on health and wellbeing.

See you soon at my workshops!  
**Katerina**



### Did you know about the science-based benefits of singing?

Here are the most known and proven benefits:

- Better Brain Cognition
- Strengthened Immune System
- Decreased Stress Levels
- Reduced Pain Levels
- Lowered Blood Pressure
- Improved Breathing and Posture
- Positive Social Connections

(The full report can be found here:  
<https://www.canterbury.ac.uk>)

