

KATE FROM SING LIKE A LARK
INVITES YOU TO TAKE PART IN

Voice-Bath with Reflection workshop

SUNDAY 6 MARCH 2022
10 AM - 12.00 PM
SPIRITUALIST CHURCH KILMARNOCK

ticket: £10

book via email: kate@singlikealark.com

About the Coach

My name's Katerina Binova-Barbour. I'm the founder of Sing Like a Lark holistic voice coaching. I've been providing voice therapy sessions and voice coaching since 2009. Recently, I completed a Professional Diploma in Group Voice Therapy at the British Academy of Sound Therapy.

Since September 2019, I've been delivering Sounds Good Feels Good workshops on a regular basis for the **Alzheimer Scotland** Centre in Kilmarnock.

In 2021, I completed eleven group voice therapy workshops for volunteers from **No-one Dies Alone Ayrshire** and **Spiritualist Church** in Kilmarnock.

The Venue

Spiritualist Church in Kilmarnock, 30 Old Mill Rd, KA1 3AW

How to Register and Pay

If you would like to register, please send an email to **kate@singlikealark.com**, or call me on +44 **07787 446 450**.

You will be asked to pay £5 in advance to reserve your place. (The total price of £10 for two hours covers the overhead costs and group voice therapy process.)



About Voice-Bath

In this highly therapeutic session, you will be able to lie down and receive a voice-bath to experience a **deep state of relaxation**, also called an altered state of consciousness (ASC).

At the beginning of the voice-bath you will hear vocal sounds sung in a low pitch that will slowly go up on a scale, with a variety of vowels. The voice-bath finishes with "a shower" of overtones, which are created through a special technique called overtone singing.

After the voice-bath, there will be a percussion sequence to bring you back to a fully awakened state, followed by a period of 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.



5 Rs Model

You Can Listen to Voice-Bath Online

If you have never heard about voice-bath you can listen to an online version here: <https://singlikealark.com/voice-lab/>

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.



OVERTONES ARE THE COLOURS OF SOUND. THEY
CAN BE HEARD JUST AS THE RAINBOW CAN BE SEEN
AS THE COLOURS OF WHITE LIGHT.

Voice-Bath: Health Benefits

There are many wonderful **benefits with health and wellbeing** that can be achieved through a therapeutic voice-bath:

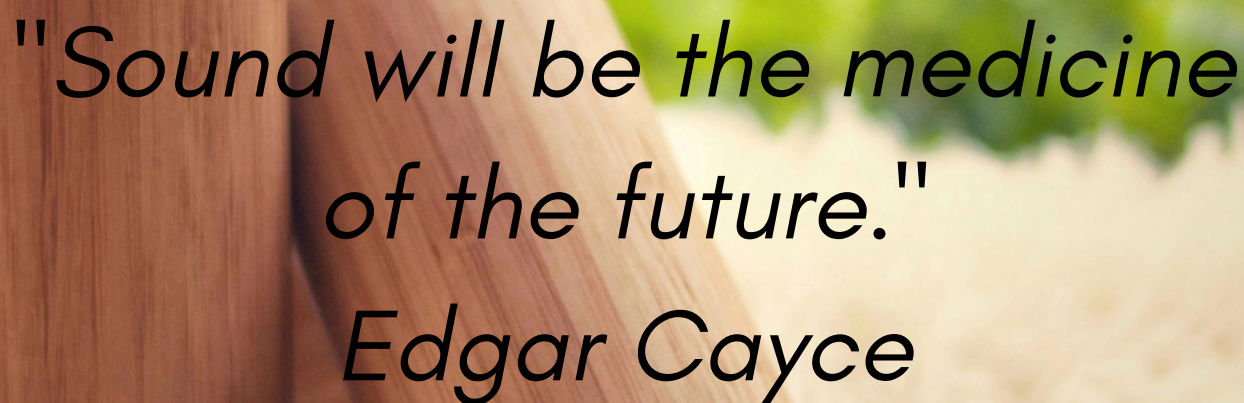
- A smooth and gentle process into deep relaxation and an altered state of consciousness (ASC)
- Vocal sounds that have a calming effect on your nervous system (toning and overtone singing)
- It helps reduce anxiety and release physical tension
- It supports self-healing processes
- In some cases, it can even relieve pain
- A voice-bath with reflection can help resolve mental blockages and release negative emotions

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 the following 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
- The International Institute for Complementary Therapists



*"Sound will be the medicine
of the future."
Edgar Cayce*