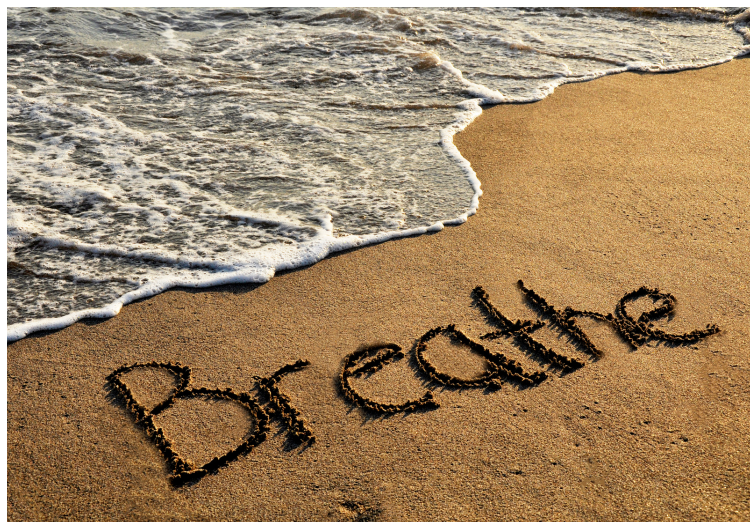


Group Voice Therapy  
based on scientific method

Ayr  
Prestwick  
Kilmarnock  
Glasgow



WELCOME TO CLASSES AND WORKSHOPS WITH

# HOLISTIC VOICE COACH

Kate Barbour



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# GROUP VOICE THERAPY

## USING SCIENCE BASED THERAPEUTIC METHOD

As a fully qualified Group Voice Therapist from the **British Academy of Therapeutic sound** I can offer the following workshops:

1) **Vocal Processing Techniques** to help people release stress and negative emotions

2) **Narrative Voicescapes** - to help people deal with difficult and traumatic past experiences.

3) **PramAna** - vocal sounds and movements to improve overall wellbeing

4) **Voice-Bah Sessions** - to experience deep relaxation (Altered State of Consciousness) with multiple health benefits.

### 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. My mission is to help people discover the healing power of sound and voice, promote healthy breathing and posture, and support creative vocal self-expression for personal growth.

You can find more info about my experience and qualifications on [singlikealark.com/about](http://singlikealark.com/about)

