



# WHOLENESS IN PERFORMANCE BODYMIND AND VOICE

*CHANGE YOUR PERSPECTIVE, CHANGE YOUR LIFE*

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## A LIGHTNER METHOD™ WORKSHOP WITH BABETTE LIGHTNER

Thursday March 2<sup>nd</sup> 7 to 9:00

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Come and experience how beautifully your system is designed to support you to sing, speak, to move and to BE. Be supported in the knowledge that the foundation of artistic freedom and expression is in YOU; how you are in the world; how you can harness all that you already know to work for you.

- Move and learn about your body's architecture.
- Speak, sing to discover the power of your voice.
- Explore some of the mental frameworks that interfere with your potential and cause issues like performance anxiety

**LOCATION: HEWITT HALL, JANET WALLACE FINE ARTS BUILDING**



For more information on Babette Lightner and The Lightner Method: [www.lightnermethod.com](http://www.lightnermethod.com)



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“I’m 21 years old and pursuing a degree in music education. Attending the class helped me un-derstand why I experienced paralysis every time I sang a solo. Her class helped change my mental focus and the default habits my body had come to practice. Now I am a more fulfilled singer and teacher.”  
Niccole Whitefield

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