

The Institute for Healthy Singing

along with The Choral Foundation in the Midwest

present two interactive workshops to help conductors, singers, and educators uncover deep physical habits and responses that may be hindering the ability to be a powerful pedagogue and healthy person.

Workshop Leader Babette Lightner [LightnerMethod.com] will open a whole new world of empowerment and well being for your body and mind.

THINGS YOU DIDN'T LEARN IN VOICE CLASS

Pedagogy for the Science
behind the Voice

Sat. Jan. 14, 3-5pm

TICKETS in advance & online: \$15
at the door: \$20

<https://satlightnermethod.eventbrite.com>

NAVIGATING PERFORMANCE ANXIETY and PERFECTIONISM

Sun. Jan. 15, 4-6pm

TICKETS in advance & online: \$15
at the door: \$20

[https://
sunperformanceanxiety.eventbrite.com](https://sunperformanceanxiety.eventbrite.com)

"I thought I would be singing for Ms. Lightner so she could give me tips on improving my voice quality. However, she gave me new insight on how I use my body structure not only when I sing, but when I sit, stand and walk. Helping me explore and understand these reasons improved everything including my voice. Life-changing!"
Steve Bode

"I'm 21 years old and pursuing a degree in music education. Attending the class on Performance Anxiety helped me understand 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

Classes held: **COUNTRYSIDE CHRISTIAN CHURCH**

6101 Nall Avenue, Mission, KS 66205



www.ChoralFoundation.org
Mail@FestivalSingers.org
913.403.9223

The **CHORAL**
FOUNDATION
Music for the Human Grace