



*Wellness by the
voice*

Song & personal development

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Les Ateliers de MaË

Your *voice* reflects who you are, how you feel and where you are in your life.

The sound and the use of your *voice* tell other people a lot about your relationship with yourself.

THE VOICE ...

Work with your voice ! That she is spoken or sung, it is a mystery, a secret, often hidden with deepest of us.

Through our word, which is sometimes hidden, sensitive on the contrary, strong and well represented.

Through the song, she has very often difficulty getting a place, but she can become a formidable musical instrument, having much character, power and charm.

At the same time, it is a vector of communication, but also sound wave: it acts on our vibratory density.

The voice can express our power energy, our depth, our heart.

Need to understand the vocal apparatus to better address his voice

Its functioning, its mechanisms, its energy.

The voice rests on the breath: relaxation and preparation

Freed from tensions, the voice then makes sense.

Become aware of his breathing.

Voice expression and singing

To hum, to sing, to observe how our voice reacts.

Timbre, intensity, accuracy, vocal techniques.

For further...

Self-expression, the wellness by the voice

Explain what I am, what I feel, what I need.

The power of vibratory resonances sounds.

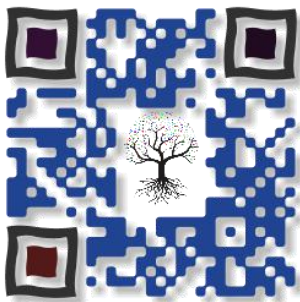
Stimulate our energy, harmonize body and mind,

better to incarnate, to realize oneself.

*The art of awakening is in the ground of our spirit
But if we do not dig, he remains hidden*

Kalou Rinpoché

*To sing is to reconnect with the values of our true nature to be
better in our life,
in the joy of living and the wellness.*



*These practices are accessible to everyone:
Informations and prices : Contact Maëla
www.bienetreparlavoir.fr*