

Befriending Your Voice

A Vocal Exploration for Healing, Belonging and Connection



Does your voice sometimes feel like a stranger? Do you want to be more connected with your inner voice and communicate more clearly and confidently with your outer voice? Do you long to feel more at home with your voice? Join us for a transformative sound and movement practice that includes vocal play, mindful movement, toning, chanting, and singing to awaken your voice as a pathway to healing, authenticity and expression.



Emily Yurcheshen-Emily the Songbird is a yoga teacher, sound healer, singer-songwriter, music educator of over 20 years, and author of “An Odyssey of Song”.

May 16 from 10-11:15 a.m.

Sponsored by Way Collective

Kin Commons, 2101 State St., (between Los Olivos & Padre); parking lot entrance is off State St.

Suggested Donation: \$20

To register or for more info, contact Emily at (805) 458-3987