Singing for healing

with Jacky Hintze

SUNDAY 24th JANUARY 2027: 1.00 – 4.00 pm
HALF-DAY WORKSHOP



As part of a *Rest and Restore* weekend, this gentle workshop will offer Taizé chants and peaceful songs from around the world, designed to create a sense of calm and spiritual wholeness. These will be offered with simple harmonies, taught by ear to create a beautiful, soulful sound. This session is open to everyone, whether or not you think you can sing; an open heart is all that's required.

You can attend this session alone, or in combination with Pilates in the morning and/or Sound Healing the previous day. Residential options will be available for those who wish to stay for the weekend; for details; please contact events@claridgehouse.org.uk

1.00 pm	Introduction and welcome *A reminder of why singing in a supportive group is a beneficial for all aspects of our wellbeing and restorative for the soul. We'll start with a gentle warm-up and learn soothing harmonies to sing together.*
2.15 pm	Comfort break (tea and cake included) *Time to grab a relaxing drink and home-baked cake or just chat.*
2.45 pm	Re-energise *A chance to rewaken our bodies and voices before joining together in song, to send us on our way with peace in our hearts in the beautiful but chilly winter evening.*
4.00 pm	Workshop ends

