

# Tune In

## Singing for Wellbeing

★ Uplifting, nourishing singing sessions ★

*Embrace, support & free your voice!*

*Join online from the comfort of home*

*With Natural Voice Practitioner Mary Denn*

### ONLINE GROUP SESSIONS:

#### RISE & SING!

*Morning song share*

☀️ Tuesdays, 9 - 9.30am

📍 Online via Zoom

💰 Pay-what-you-feel

Half an hour of uplifting singing to start your day with a song in your heart 🧡

Find joy, energy and connection as we bring awareness to the breath whilst gently waking up the body and voice.

#### HEART SONGS

*Evening singing circle*

🌟 Thursdays, 7 - 8pm

📍 Online via Zoom

💰 £6 / session

Relaxing, nourishing sessions with songs to soothe the soul and lift the spirits 🌟

Find calm, feel part of a supportive online community and connect to your breath, body and voice in ways that feel good for you.

**To register, contact Mary:**

❤️ [tuneinwithmary@gmail.com](mailto:tuneinwithmary@gmail.com)

📞 07972645473

Website: <https://tuneinwithmary.wixsite.com/home>

Instagram / Facebook: @tuneinwithmary

- Your first session is free to try!
- Every voice is welcome to tune in (ages 18+) and all songs are taught by ear in an inclusive way (with lyrics being sent out along with the Zoom link by email prior to the session).
- Sessions involve mindfulness relaxation, breath and body awareness, vocal exercises and of course singing! Songs from a variety of styles including heart-opening harmony songs (with multi-track recordings), world music and folk songs. Tune In's repertoire includes original songs written especially for the group by Mary.
- When singing together, we turn microphones off so you can really let go! 😊
- Tailored 1-2-1's also available - please contact Mary to arrange a call.

DISCLAIMER: Tune In - Singing for Wellbeing is designed to enhance your total wellness and is not a substitute for medical advice, diagnosis or treatment from a physician or healthcare professional. If you have any concerns, please consult a medical professional before participating.