

## Explore your Voice: Embody Your Potential

### Workshop Schedule

Time / Day	Day 1	Day 2	Day 3	Day 4
9:00-10:30	Orientation and performance / share	Low Breath	Vibrations	Power of the Core
10:30-10:45	Break			
10:45-12:30	Centred Posture & Movement and Sound	Inside and Outside Voices	Vibrations & Sound Bath	Sacred Performance
12:30-2:00	Lunch (Thurs lunch begins at 12:45)			
2:00-4:30	One-on-Ones (30 mins with Amy & 30 mins with Jen by sign-up)			
6:00-7:00				Lessons Learned
7:00-?				Final Performance / Share