



Service List 2020

Online/In Person

One to One Vocal Tuition (60mins) £50 or (90mins) £65

In a 60minute private session, we work together to craft goals to suit your specific needs and interests in vocal development.

Vocal Remedy Session (30mins) £50

This session explores the personal relationship of self care as it is expressed through choices in nutrition & exercise to stimulate a dialogue with the internal voice

Vocal Peace Session (30mins) £50

This session provides a personalised guided meditation with a particular focus on the energy centres connected to the throat chakra; supporting relaxation through visualisation, breathwork & invitation to gentle vocalisation. If you would like to explore deeper work related to spiritual development then please visit the dedicated page: Vocal Peace

Vocal Harmony Session (30mins) £50

This session explores our social relationship to voice through collaborative exercises to practice sharing sound with others

Vocal Freedom Session (30mins) £50

This session explores sound and sensation through intentional toning and chanting exercises to support the gentle release of emotional energy from the body

Vocal Fire Session (30mins) £50

This session explores delivery and performance skills through tasks in songwriting, improvisation & presentation

Vocal Release Session (30mins) £50

This session has a gentle focus to release vocal tension. We will work together to open and energise the vocal channel.

Soul Card Reading (30mins) £25 or (60mins) £45

Personalised live card reading - Beginning and closing session with short relaxation and meditation exercise. I will share and discuss themes from cards which I have been guided to draw for you. This longer reading is more in depth and gives you the opportunity to ask deeper questions.

Guided Meditation Session (30mins) £30

One to one tailor-made meditation session. We will discuss what your needs and goals are and with these in mind, work through some gentle techniques to help you achieve a deeper sense of peace.

Personalised Sound Journey (30mins) £60

After a short consultation you will receive soothing vocal frequencies from me, delivered to you through a relaxing, healing sound journey.

Channelling Session (30mins) £30 or (60mins) £50

In this session, I will create a healing container for us to work in; bringing through messages to give clarity and focus to the next steps in your healing journey.

Consultation for individuals and organisations in Holistic Voicework, Live Music Events, Research Projects POR

Tailor-made Interview/Storytelling/Shamanic Ceremony and Ritual and Practice Presentation POR

In Person Only

Vocal Retreats (Half day/Day/Weekend long) Starting from £200

Intimate residential retreats in peaceful settings. An opportunity to explore deeper realms of voicework alongside others.

Community Music Workshops (90mins/Half day/Full day) POR

Tailor-made Confidence Building Vocal Workshops for Community Groups, Social Organisations and Music Festivals - exploring confidence building through vocalisation. This draws on methods of breath/bodywork (Alexander technique, Tai Chi, Chi Kung, Feldenkreis, the work of Mantak Chia, Mongolian Overtone Throat Singing), speech therapy, performance skills, songwriting, improvisation and sound healing.