

## **Wellness and healing through the voice and the song. Kistemaker J (Puntadecouso/SP)**

In this workshop one learns how to use sound and the voice as an intimate and personal instrument to strengthen one's natural health.

The voice as a mirror of the physical, emotional and energetic tensions and blockages accumulated in the physical body. Singing 'inwards' one can direct the vibrations of one's own voice to specific parts of the body. Listening and feeling until the voice enters in resonance with that specific part of the body, 'feeling' the anatomy of the body through the vibrations of the voice.

The voice as an alliance in processes of personal and spiritual development and in the prevention and healing of the physical health of the participants as well as their patient's.