



RECLAIM YOUR WILD VOICE

Returning to wholeness through voice and the full life force of your breath.

This is an invitation to explore and welcome your voice and the fullness of your breath. Through poetry, voicework, movement and breathwork you will be invited to listen and express your soul filled sound and wisdom. This is a chance to experience the freedom of your wild singing voice and heart, and to release the voices you "keep outside the door". Supported by Carly Mountain and Jules Heavens, this women-only retreat day will hold the space for you to travel deep and uncover what is ready to blossom within. Join us!

Carly Mountain is a teacher and writer. She works with poetry, yoga, breathwork and voice as transformational practice that can liberate us in ways that we never anticipated. She is the creatrix of the Butterfly School which supports women's in depth self-enquiry and unfolding. For more on Carly visit www.carlymountain.com

Jules Heavens has been holding sacred spaces for women for over 25 years and is a unique wise woman and Guide. She has a wealth of knowledge drawn from her various trainings and life experience. She is a shamanic healer, coach, naked voice facilitator, sound healer and breathwork facilitator amongst many other things. Jules is based in Wales and it is a privilege to have her here in Sheffield.

For more on Jules visit www.julesheavens.com

Sunday 15th September 10 - 5pm at Sharrow Performing Arts Space

Cost: £80 TO BOOK EMAIL INFO@CARLYMOUNTAIN.COM

PLACES LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT.