

Rediscover your Voice

Your voice is as individual as your fingerprints. It is unique to you.

This workshop is aimed at those who would like to rediscover or become more aware of what you can do with it.

It is a gentle fun way to open up, using simple techniques of breathing and relaxation as well as chanting and humming to reveal the fundamental tones and resonances that are unique to you.

Who is this workshop for?

For people who have no formal experience of singing, or who are not confident with using their singing voice.

Working with Claudia is inspiring, easy and efficient. In one hour you can change and things will start moving either from a mental, emotional and psychological level. I leave with tools that can help expand my knowledge on sound and working with the voice. Her workshops are fascinating and keep you engaged.

DB. Dance Teacher

Sing Out!

Know your pharynx from your larynx! This is a hands-on, out-loud experiential course that gives you grounding in singing theory and works with you to develop your own singing style.
It involves:

- Voice awareness
- Correct Breathing Techniques
- Listening and Hearing Skills
- Choosing the right song and interpretation of Lyrics.

If you want to work one to one the course is best taken as weekly one or two hour sessions.

For groups we recommend one day or two day workshops.

Who is this workshop for?

For those who have had some experience of singing in groups or solo, and who wish to explore and develop a unique, personal singing style.

Thanks Claudia it was great to see you in the 1-2-1 session and to have your support; Did my A-E-I-O-U vowels practise in the park walking the dog today!

My ten words to describe my experience of your voice sessions are energising, empowering, fun, caring, relaxing, spiritual, exciting, healthy breathing and strong!

Sue, Lawyer

Speaking in Public

You've got something to say at a public meeting but your nerves get the better of you...

You find it difficult to say your piece in meetings at work...

You dread having to give a speech at a family or public function ...

This course can give you techniques to enable you to speak to small or large groups.

Working with breathing, voice awareness, and body language you will find how your confidence will build so that you think clearly, organise your ideas and take these situations in your stride.

Who is this workshop for?

For all levels of ability, and confidence. Particularly for people who have never spoken in public.

I had a fantastic time on your 1 day course!! Your individual coaching and openminded approach left me feeling totally energized and more confident of what I can achieve with my voice.

My words to describe you are inspiring, energizing, re-confirming, fun, friendly, supportive, re-connecting, invaluable, thought - provoking, confidence building.

Nrinder Singh, European Sales Manager

Other workshops with Claudia

Confidence and Self-Esteem – “How to get your mojo back!”

This is an experiential workshop, designed to get you to think about the two ideas of confidence and self-esteem. The aim of the workshop is to enhance your sense of self so that you can use your unique abilities in the world.

Moon Cycles – “Living in tune with the cycles of the moon.”

A series of workshops designed to give you an understanding of the moon cycles and how this knowledge can be employed to assist you in your everyday expression.

Crystal Gateway

This course aims to give you an elementary understanding of crystals and how they can be used to balance your energy levels and to effect healing for yourself and others.

Claudia's albums
available online at
www.nakedlight.co.uk

About Claudia

People describe me as a dynamic, intuitive facilitator. I have been a teacher, translator, actress, vocalist, cabaret artiste and entrepreneur. I am also a professional jazz vocalist.

My main interests lie in the use of sound as a profound healing tool, focusing on the use of the voice (singing and speaking) in order to assist/enable others who wish to connect with the true power of their own voice.

Once this connection is established you become a more effective, confident communicator in all spheres of life.

I have well-developed interpersonal and communication skills and look forward to sharing my knowledge and expertise with you in a safe, supportive environment.

TO BOOK:

Contact Claudia at info@anamsound.org

AnamSound

VOICE WORKSHOPS

WITH
**CLAUDIA
VAN BUREN**

**RE-DISCOVER
YOUR VOICE**

SING OUT!

**SPEAKING IN
PUBLIC**