

VOICE LESSONS FOR YOGA INSTRUCTORS  
IN YOGA WE GIVE BREATH TO OUR POSITIONS  
IN SPEAKING AND SINGING WE GIVE BREATH TO THE VOICE



Beginning Friday, April 8, 2011 2:00pm – 3:30pm

LEARN HOW TO:

PROJECT YOUR VOICE

INCREASE THE VOLUME OF YOUR VOICE

ADD RICHNESS AND DEPTH TO YOUR “OHM”

PROTECT YOUR VOICE FROM STRAIN

Join \*Harriet Bennish for a 90 minute, 5 week (donation based) voice class. First class is Friday, April 8, 2011, 2:00 pm - 3:30 pm. All classes are held at:

Trilogy Yoga 3141 E. Broadway, Long Beach, CA 90803

Call Harriet at (562) 621-9734. Reserve now, class is limited to 15 participants

\*Harriet Bennish is a conservatory trained vocal instructor and performer who lives in Long Beach. After one year of Yoga instruction on the bluff, she began to see how Yoga was having a positive impact on her singing voice. With her knowledge of the “Singers Breath” Harriet will give Yoga teachers a series of vocal exercises designed to both protect the voice, and build vocal stamina.

