



Making Music With Body and Soul- Holistic & Creative Workshop with Sanna Valvanne

12-4 PM, Saturday, Dec 11, 2010
From The Heart Yoga Center
714 Wealthy Street SE, Grand Rapids, MI 49503



For all, who want to free up the voice and the whole being,
to sing, shine and make music from the heart, with body and soul!



Families, adults, couples, singles, children, grand parents, friends, cousins, strangers, neighbors,
singers and beginners of all ages... welcome!



No music reading skills or previous singing experience required, just the desire to sing and share your voice!



At the workshop you will sing and play, move and improvise, and experience the shining star inside you.



Joining the powerful journey into your voice and to the heart of songs from different continents,
you will be moved inside and outside!



Workshop Contains:

- ♥ Participation in action!
- ♥ Vocal exercises and songs combined with movement and drama for a holistic singing experience
- ♥ Improvisations with fun games and guided steps
- ♥ Songs of different styles and the holiday season, from around the world, taught by rout
- ♥ Creating new music together & exploring different ways to perform
- ♥ Becoming confident performers & shiny stars

Please wear comfortable clothes for the workshop, bring a water bottle with you, and if needed a snack!

Sanna Valvanne is an internationally renowned and much loved innovator and conductor of choirs. She travels continuously around the world as an invited guest conductor and workshop teacher to free up choirs, singers, teachers and communities engaging them in a holistic singing process. Her creative vocal & choral method, Making Music with Body and Soul, has awakened thousands to the joy of expressing music with the whole being. With her contagious and uplifting energy, free spirit, enthusiasm and example, Sanna empowers everyone to get in touch with the inner child and become a creative performer. People of all ages relax and open up, discovering the beauty and boundlessness of the voice. Sanna shows how to sing with not only the voice but with heart, body, mind and soul. She first brought her method to hundreds of young singers in West Michigan, as the artistic director of the North American Choral Company, several years ago. On this return visit, Sanna welcomes not only children and young people, but people of all ages, to sing together with her.

Advance: \$ 45 / \$ 25: children, students, seniors
 At door: \$ 50 / \$ 30: children, students, seniors
 Family discount: When registering 3 or more family members: one child for \$ 5

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For advance registration, please mail form and check payable to Sanna Valvanne by Dec 7 to:
Sanna Valvanne, PO BOX 5121, Wheaton, IL 60189

♥ **“Making Music With Body and Soul” -Workshop Registration Form** ♥

Name:

Age:

E-mail:

Phone: