

The Singing Body Workshop

Friday eve, March 23rd & Saturday, March 24th

Join **Amy Fradon and Katy Taylor** to rediscover the roots and soul of your voice. We'll explore the body as a supportive holding and resonating container, the open and impressionable heart that gifts us with authenticity and passion, and the willing, flexible mind that can release old patterns and transform. This workshop is mostly experiential, including singing, sounding, mindfulness, other exercises, processing time, and ritual.

*Anyone wishing to explore their embodied voice is welcome
with no vocal experience necessary.*

Workshop Details

- Friday 7-9:30 and Saturday 9-5:00
- At Unity Unitarian Church, St. Paul
- \$150 / \$125 Unity Members, RSVP
- Katy@thewingedheart.net or (651) 291-8551



Concert Details

- Sunday 2:00-3:30
- At Unity Unitarian Church, St. Paul
- \$12 / \$10 Unity Members, pay at the door
- Katy@thewingedheart.net or (651) 291-8551

Mirabilis in Concert

Sunday, March 25th, 2:00 pm

Enjoy original and medieval chant and song that weaves celtic ornamentation with haunting, mystical chant and prayer. Specializing in the music of Hildegard von Bingen, a capella and accompanied, Katy and Amy's purity of tone and musical depth inspires and transports.

Katy and Amy make music together to feel alive and present.

While singing can be just pure fun, it can also be a vehicle for profound transformation and unfolding of Spirit. Read more: www.thewingedheart.net