

Dying To Know *day*

Workshop 1-2pm

Singing ~ a matter of life and death

Song has long been a rich and comforting companion for humanity through times of both sadness and joy. From laments and hymns, to folk, pop, and good old country, songs have helped us express and feel emotions without having to find and use our own words, and to remind us that we are not alone.

Singing is known to lift our mood, improve our sleep, strengthen our immune systems and is an opportunity to lay down our burdens, even if just for a few moments.

In this hour long experience of singing,
we will warm our voices and hearts together.
we'll play with some simple songs and harmonies that are easily learnt.
and we will consider ways in which singing can nourish and support us
through difficult times.

All voices are welcome – no experience required!

Let us sing our dead to rest
Let us sing to soothe – ourselves and others
Let us sing to acknowledge the anguish of mortality
and loss
And let us sing to celebrate life.



kate tenni
the healing arts

To register

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