

Voice work Healing Performance skills

It is my belief, following many years of teaching that each one of us is gifted and blessed with a unique sound.

Each of you has the ability to:

- Discover your hidden sounds and empower yourself*
- Be creative and trust your natural ability*
- Open up emotionally and sing from your heart*
- Meet the singer within*
- Sing your own voice*

Singing is inseparable from who you are.

The more you free yourself the more you free your voice.

Leaflet design by Shanel S SPENCE ** Title Photo by Ulrike PREUSS

OWN VOICE

Sing Your Own Voice Sing Your Own Voice

START FROM WHERE YOU ARE AT!

DISCOVER YOUR HIDDEN VOCAL ABILITIES AS A NOURISHMENT FOR YOURSELF

GET SUPPORT

BE FRIENDS WITH YOUR VOICE

EXPRESS YOURSELF

BUILD UP YOUR CONFIDENCE

MOVE YOUR BODY

SMILE, CRY and SMILE!

HEAL YOURSELF

ENJOY BREATHING

ENJOY YOUR OWN PROCESS

Booking and further information

Workshops, courses and individual sessions take place in Central London or at the Lccm: The London Centre of Contemporary Music 50-52 Union street, London SE1 1TD

Places are limited. Fees are payable in advance and deposits are non-refundable. For further information and booking, please contact:

Francine Luce-Lakhan : 0870 224 4281
Email : singyourownvoice@tiscali.co.uk

The human voice
Our first instrument
Our Special gift



with
Francine LUCE-LAKHAN

Professional singer - Voice teacher - Healer



0870 224 4281

About my work

Open voice ~ Open heart

Through my own singing experience, hearing myself, and listening to others, I have found that the real beauty of a sound only emerges when it is sung from the heart. Singing and emotions are intrinsically linked and I use voice work for personal as well as artistic growth.

Singing is a powerful energy - a unique tool that helps us to reach inside and release our unexpressed and blocked feelings.

My work combines singing and healing through working with the body, voice and emotions. It enables you to trust within and find the courage to express what is in your heart and to channel inner feelings creatively into singing words with true meaning.

Feel the joy and love within.

About Francine LUCE- LAKHAN

Professional singer ~ Voice teacher ~ Healer

I began my career as a singer performing on the international scene since 1980, appearing solo and with renowned artists at Jazz festivals worldwide and venues like the South Bank.

In a natural progression I started teaching, running my own workshops in the early 90's through out Europe, the Caribbean and Japan. I became a healer accredited by the College of Psychic Studies.

My teaching is inspired through music and my experience with theatre, dance, the use of the voice for therapeutic purposes and spiritual healing.

I look forward to welcoming you.

SING YOUR OWN VOICE
SING YOUR OWN VOICE
SING YOUR OWN VOICE

About the workshops

Stop looking out ~ Start looking in

Body - Voice - Emotions - Performance Skills

Personal development - Healing

Group dynamics and the combination of voices are well suited for voice work. Each workshop focuses on individual and collective work and welcomes both professionals and those with little experience in a safe, friendly and supportive environment.

Elements covered include:

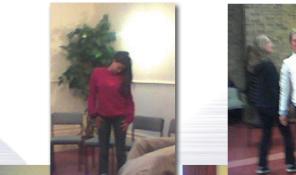
- Body work and relaxation
- Breathing and vocal practice
- Movement and voice
- Group and solo singing
- Free improvisation
- Using inner feelings in song interpretation
- The joy and love of singing
- Performance skills
- Shared feedback

Please wear comfortable and loose clothes.
Sheet music is not always necessary.

About individual sessions

One hour combining singing and hands on healing. Often the mind prevents us from being grounded and finding trust within. The sessions aim to enable you to reach deeper and follow the voice of your heart.

What people say...



"Francine has given me the confidence to open up my heart and find my voice."

Vania GRAY

"My singing improved so much. I've learnt to confront my fears and to fight my insecurities. In the silent moments I've learnt to listen to the voice of my heart because that's where truth lies."

Rita EMACULADA

"As I find my ground with the singing and healing with Francine, I am able to reach a deeper place within me and follow the flow of my voice."

Paula MUSUMECI

"The training with Francine helped me to grow and find my voice not only as a singer but also as a person."

Sara POPE

Francine Luce-Lakhan 0870 224 4281