



Free Your Voice: Awaken to Life Through Singing

By Silvia Nakkach

Sounds True. Paperback. Book Condition: New. Paperback. 280 pages. Dimensions: 8.9in. x 5.9in. x 1.0in. Science is beginning to prove what ancient cultures fully embraced: your voice can become one of the most powerful agents of transformation in every facet of your life. Free Your Voice offers you the liberating insights and personal instruction of music healing legend Silvia Nakkach, whose four-decade immersion in the voice as a creative force makes her a uniquely qualified educator. With co-author Valerie Carpenter, Silvia shows how to reclaim the healing potential of your voice (regardless of training or experience) through more than 100 enjoyable exercises that are steeped in spiritual tradition and classical vocal technique and backed by the latest science. Free Your Voice invites us to savor a banquet of our own divine sounds as we practice breathwork, chant, and other yogic techniques for emotional release, opening to insight, and much more. Supplemented by 32 downloadable digital audio tracks offering Silvias guidance through many of the exercises, here is a definitive resource for implementing the voice as an instrument of healing and fulfillment, exploring: How to develop a practice of breath and voice, performed with consistency and imagination, where sound designs its own...



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