

Krishna Village presents: Power of Voice Retreat

By Marie Burrows

Imagine your first week of 2017: you are brimming with renewed energy, fresh intentions and an eagerness to embark upon the new year, prepared this time not only with your previous wisdom and skill set but also the tool of clear and confident vocal self-expression. The Power of Voice retreat happening the 6th - 8th of January 2017 aims to realise this vision, transforming the relationship you have with your voice and creating a breakthrough in the way you speak and sing.

Nestled in the foothills of Mount Warning in the heart of the magical northern rivers of New South Wales, the Krishna Eco village is delighted to host the retreat which will be led by world renowned devotional singer Carmella Gitanjali Baynie. With over thirty years of experience in various arts including singing, yoga, performance and drama, Carmella is the perfect mentor for those seeking guidance in connecting voice and mind.

The Power of Roaring

Based upon the ancient practices of nada or sound yoga, Carmella will use a range of activities to allow participants to really connect with their voice. She explains, "We will do a lot of connecting to the breath and a lot of exploring the voice, from high pitched to a low register, exploring loudness and softness, partnering off and playing funny games, group sounding..." She elaborates that a key element of the retreat is really allowing sound to come out of your body and not be alarmed by the results, "Giving people freedom to discuss things, and be prepared to look and sound silly, giving yourself permission to make crazy sounds...to think 'Wow, my voice can do more than I thought it could! - you can really find your voice in that space. In society, we often don't get those opportunities to really let your voice go, apart from at a rock concert or a footy match. It's very much needed and necessary to get together and roar!"

The retreat will span three days, beginning with an introduction, voice breakthrough session, intention setting and gentle mantra meditation before moving through a variety of activities leading towards an optional performance finale. There will be lots of guidance before the big event, when those taking part will share with the group the piece they have chosen to work on. This does not necessarily have to be something musical, with encouragement for participants to bring whatever they feel comfortable sharing, be it a poem, presentation, song or soliloquy. Despite the notion of performance being daunting for some, Carmella reassures us that the performance environment will be a relaxed one, a safe space where people "have the opportunity to empower their dream" and share their voice with others if they so wish.

Everyone can sing

Aimed at everyone, there are absolutely no pre-requisites for joining the course, a musical background not preferential. For those lacking confidence Carmella encourages, "Singing is natural...we're all born to sing. We all come out making noise as babies if we're healthy...no one teaches you how to do it." Singing and expressing ourselves vocally is an invaluable tool, and one which will facilitate self-growth and development whatever your field.

As well as guaranteeing a real personal breakthrough moment, the course will allow you to "Take back a wonderful step by step procedure for a better relationship with your voice for years to come, with practices to employ anytime."

As part of the retreat there will also be yoga sessions included every morning and three delicious vegetarian meals provided daily, with the option on the last day to join the wonderful Krishna Village Sunday Feast at the temple. A fully immersive and transformative experience, the Power of Voice retreat is the perfect way to embark upon a new year and a new chapter.

For testimonials on working with Carmella and for more information on the retreat visit <http://krishnavillage-retreat.com/power-of-voice-booking>

For bookings/ enquiries please visit <http://krishnavillage-retreat.com/powerofvoice>

For further questions, contact Henrike via 0450 246 542
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