

NOURISHING HEART YOGA STUDIO

YOGA OF THE VOICE



with Stephanie
Heidemann



Saturday 7:00 - 8:30pm \$22
Jan 11, Feb 8, March 8, April 12

**Creative vocalizations to move the energy of the
bodymind into deeper states of meditation as a
powerful tool of self-awareness and
transformation.**

*Founded in basic singing technique, expressive arts
therapy theory, kundalini, hatha and nada yogas, Authentic
Voicework™ is the "Yoga of the voice", guiding you through
the process of connecting you with your own voice as an
energetic form in motion.*

PRESENTED BY
Stephanie Heidemann

**Dress comfortably and
ready for movement
(jeans/skirts not
recommended).*



REGISTER: [NOURISHINGHEARTYOGA.COM](https://nourishingheart yoga.com)
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