

# *Soulflowsinging Masterclass for classical Singers*

**16.06.-23.06.2019. in Monastery San Biagio, Umbria, Italy**



"When a singer becomes a true servant to the art of singing the soulflow takes over and shines through the being. The personality then steps aside and allows the higher energy to flow through when performing. This is achieved in practicing selflessness and connection to the higher realm by knowing thyself on an energy bases as a being. Using a holistic approach to body, mind and spirit with the voice as a compass on well being. When the soul is allowed to be the leading force and the personality the server, the singer experiences a heightened state of being while performing that is usually a sensation of letting go. In this state of being there is little or no stress, stage fright, since the performing is an act of surrendering to the higher. In order to achieve this balance, the singer needs to do structural preparations for her instrument, the voice. Get a solid vocal technique, know her music and such, take care of the body, be in balance with the emotional landscape and practice peace within in order to be able to let go for the soul to take over."

**This is a Masterclass with a holistic approach, to get to know the self as a whole being- learn how to use the VOICE as a compass for the well being of BODY - MIND and increased SOULFLOW, in order to strenghten the performance skills and joy of singing. Individual needs will be met through Vocal training, interpretation of repertoire, voice analysis of speaking and singing voices, meditation, yoga, improvisation, voice embodiment, healing work with the voice in group sessions, individual sessions as needed, open Masterclass for the public and Concert at the end.**





## Teachers



*Sólrun Braga*

Icelandic Opera singer, Voice teacher  
Reiki master  
Sound healer and guide in  
Soufflowsinging Method



*Lori Piltz*

Canadian pianist and professor at James  
Madison University in Virginia , USA, with  
extensive experience working with  
singers.



*Hildur Vea*

Norwegian Yoga teacher, Medi yoga  
teacher, Yin yoga Teacher, PHD in Public  
health Science and Psycho therapist,  
Gestalt therapist, Family Constellator,  
Somatic Experiencing therapist and in  
Reconstructive

### Accommodation and Pricing:

Price for the Masterclass: Early Bird 2.150 Euro - deadline 01.03.2019.

Price after 01.03.2019 2.400 Euro

All included except flights. Transportation from train station is included.

Massage and wellness offers available. Not included.

The Masterclass, Workshop, Concert and Accommodation will take place in  
a luxury resort, the old Monastery San Biagio in Umbria. [www.sanbiagio.net](http://www.sanbiagio.net)

**Deadline for registering for the Masterclass:  
01.05..2019**

**Further information for confirming your participation: [solabraga1@gmail.com](mailto:solabraga1@gmail.com)**