

SCBS presents Justin Montigne in **Yoga for Singers**



Saturday, September 18, 2010

10:00 am - 3:00 pm

Center for Spiritual Living

2075 Occidental Road

Santa Rosa, CA 95401

Cost: \$35

Registration: www.sonomabach.org

Questions? Email: info@sonomabach.org

Voicemail: 707-581-8933

Folder-shoulder got you down? Standing on risers for long concerts hurt your back? Interested in making a deeper connection to your instrument, the body? Do you want to better access and ground your breath and free up tension to make singing easier? Just curious about chakras, asanas, or yoga in general? This day-long workshop surveys yoga for singers. Move a bit, sing a lot, and find out how to begin a yoga practice that can help you be a more physically present and grounded choral singer.

No yoga mat or previous experience necessary. Movement will be gentle and related to concepts of singing.

- Focuses on breathing and optimal physical alignment.
- Explores mental and energetic aspects of yoga: chakras, meditation, concentration.
- **Past YFS participants are welcome** and encouraged—there will be much new information!
- For those interested in a more active, physical warmup with a focus on asana (poses), Justin will lead a short practice before the workshop. Bring your mat at **8:45 am** to wake up your body, breath, and mind for the day. **All levels welcome!**
- *Please bring a dish to share for the potluck lunch.*



Justin Montigne

is a singer, voice teacher, and yoga instructor in the Bay Area. He teaches for the San Francisco Girls Chorus and maintains a private voice studio, and teaches yoga classes at Union Yoga and

Crunch Fitness in San Francisco. Justin has performed with many orchestras and ensembles including the Minnesota Opera, Minnesota Orchestra, Oregon Bach Festival, Philharmonia Baroque, Seraphic Fire, Conspirare, Chanticleer, and Clerestory. He found yoga ten years ago in his constant search for refinement and ease in singing, and has been healthier and happier for it.



free your **voice** . . . align your **body** . . . live your **song**

justinmontigne.com