



Opening the Voice Voice as a Path of Practice

With Michael Ciborski, Dharma Teacher
Sunday, October 16, 2011, 10:00 AM – 4:00 PM
CenterPoint Houston
1920 Hollister Road, Houston, TX 77080

Group exercises in breathing, listening, and tone to uncover the subtle beauty of the human voice in speech and in song.

Our voice has creative power! The sounds we produce with our voice offer the world a sample of what lives within us. Our voice can bring joy, clarity, and trust or it can agitate and manifest fear through the push and pull of emotion.

In "Opening the Voice" we will learn to produce and listen to the foundation elements of the voice. We will learn to bring clarity, strength, and other wholesome energies into our voice and practice a tender embrace of nervous, reactive, self-conscious energies.

Through a gentle practice of sounding vowel tones and careful listening, augmented by special exercises in stretching, breathing, and relaxation, we will develop a precise inner awareness of ourselves and our interbeing with the world around us.

Come, open your voice and enjoy!

To learn just what you need to learn, you are just where you need to be. No voice-work or singing experience necessary. No tone and pitch sensitivity required. You don't need a "good" voice; all voices have their unique qualities and will blend together in our singing as a group.

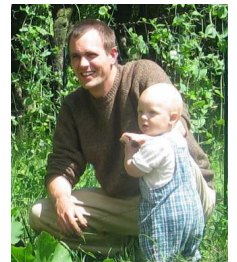
Cost: \$60 (please bring a bag lunch)

Registration deadline: October 9, 2011

About Michael Ciborski

Michael is a lineage holding Dharma teacher in the tradition of Venerable Thich Nhat Hanh. He lived as a monk for seven years in Plum Village, France, and has worked intimately with Thich Nhat Hanh and the monastic community to organize, support and offer meditation retreats around the world.

Michael has been described as "A very human and delightful teacher of profound presence", and as "An articulate teacher in both word and action". A skilled musician, he studied voice training and chanting of several European and Asian traditions and served for several years as an English language chant master in the monastery.



For more information, please call: 713-252-2475 or email: mindfulness_houston@yahoo.com

To register, please send your payment to:

Mindfulness Practice Community of Houston
5815 Paisley Street
Houston, TX 77096

Please also include:

Name _____
Email Address _____
Phone # _____