

Lucid Blue Music Presents:

"Connecting to Life's Solutions"

Lunch and Learn



Learn to disconnect from the stressors of life and reconnect to your intelligence factor, your intuitive mind, through the use of simple techniques as taught by a professional voice coach.

In this workshop, you will discover:

- **Voice techniques to transform stress in your body;**
- **Breathing techniques that will help you to disconnect from stress on a physical, mental and emotional level;**
- **How to center yourself so you can experience calm in the midst of a hurricane;**
- **Techniques to connecting to the intuitive part of the brain [the multi processor] in order to find solutions that may not be evident [on the desktop].**

Mariah Picot has over 30 years experience as a professional singer, voice coach, actress, music director and musician. Through the years as an artist, she has discovered the secret to mastering transformational techniques that not only relieve stress, but also help in connecting you back to your creative mind.

*Join her in this journey of discovery.**

** Please note that you do not have to be a singer to experience these techniques.*

Date:

Time: [50 minutes]

Cost: \$25 per person



For further information, or to register for this event, please contact:

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