



SingBreak ©

presented by Colleen Savage

Feeling good

Singing is among the most powerful forms of human communication. Not only is it effective in sharing a message, it is inspiring. Singing fully involves the body, the mind and the spirit. And the health and social benefits of singing – especially ensemble singing – are widely recognized.

People of every age group say that with singing in their lives they just feel better. Lots better.

Singing uplifts the spirit, creates new dimensions in relationships, and inspires fresh possibilities in every area of living. SingBreak© brings all these benefits to the workplace.

Wellness at work

Forty percent of employee absenteeism now found to be stress-related. The business community is recognizing the benefits of supporting well-being in the workplace. Creative companies have an opportunity to support the shift to wellness at work and to benefit from an enhanced level of happiness and group functionality. The result is greater job satisfaction and greater productivity.

The presentation

SingBreak© is flexible in duration, but a minimum of twenty minutes is suggested. A very beneficial session will run to forty-five minutes or an hour, and a full “mini intensive” can be two to three hours.

To present SingBreak©, a room – preferably with some natural lighting – is all that is required. We’re best in comfortable clothing.

The human body is a perfectly designed musical instrument, just made for self-expression. At SingBreak© we engage all parts of ourselves – body, mind and spirit. We relax. Gravity shows us how to hold our bodies in its most easeful yet energizes manner. Aches and stiffness melt away!

We learn fully connected breathing. We loosen chest and belly to allow breath its full movement and capacity. Suddenly everything is easier! *Ahhhh*.

We give ourselves permission to feel our innate joyfulness in the present moment. Layers of stress and fatigue fall away as we choose a new response to our environment. (The parasympathetic nervous system gains a chance to balance the sympathetic nervous system.)

We engage the voice. From a relaxed sigh to a clear and beautiful singing tone is just one simple step.

We are so ready to sing now. The release of endorphins during singing produces natural feelings of well-being. This is where creativity and group synergy begin. Our material? Do-wop, gospel, rhythm and blues, Broadway – the group decides. Fun ensues.

The fee

Available upon consultation, dependent on location, duration and the number of participants.

Participants say

“It made a real difference in the group energy. Interactions were palpably more trustful and dynamic.”

“Colleen is an excellent communicator. She does everything right.”

“I am much more confident and more at ease in trying new things. I want the next level now!”

“A revelation. It has changed me forever.”

“SingBreak was a wonderful experience.”

Notes on health benefits of singing

Specifically, singing has been found to promote lung development and strengthening, back strengthening and posture correction, bowel, bladder and stomach strengthening, neurological improvement, improved oxygen flow to the blood, system and brain, increased concentration, energetic and euphoric uplift, through the release of endorphins, confidence and discipline, improved vocabulary and grammar .

Other benefits include help for sufferers of sleep apnea, breath re-training for asthma sufferers and panic attack patients. Singing helps reduce feeling of depression and anxiety, assists in overcomes shyness an nervousness reaction and improves confidence and articulation in public speaking.

Further reading

The Singing Health Connection, by John D. Sparks, Vice- President, American Symphony Orchestra League, *Voice Magazine*, winter 2004-5.

Creativity and Aging, the impact of professionally conducted cultural programs on older adults, by Dr. Gene D. Cohen, *Journal of the Royal Society for the Promotion of Health*.

Singing and the Brain, by Dennis Meredith, *Duke Magazine*, vol. 88, No 1.

Singing in the Brain, by Prof. Gary Rose, Univ. of Utah, *Nature Journal*, Dec. 9, 2004.

Striking a Chord -Using music to change lives, by Iona Joy and Adrian Fradd, *New Philanthropy Capital*, Nov. 2006.



About Colleen Savage *jazz singer, voice teacher, workshop facilitator*

Colleen is a seasoned jazz & blues singer and teacher. She has a BA in English literature and philosophy, and a background in arts, education and small business. Colleen has been active on the Vancouver music scene for over 20 years and has performed at dozens of major jazz festivals across Canada and internationally. She has recorded several CD albums with other Vancouver jazz artists and recently released her own first CD *Hallelujah*. As an independent artist she has extensive experience with community-oriented projects, focusing on live performance and workshops.

She regularly presents vocal workshops at the Vancouver YWCA, Sorrento Swing Camp, the Unitarian Church of Vancouver, Outward Bound Canada and Pepsi Frito Lay Canada as well as many Vancouver community centres and continuing education programs.

Her mission is to nurture the joyful connection to the Earth's living vibrations through sound and song, and to share that connection with others.

Her aim is to learn more about the connection between self-expression and health, and to design and deliver programs that support creative community living.

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