



Tending the Song Garden with Soul



Find the voice with which you are born to sing

Learn to write songs to express your own heart

Learn to seed, cultivate and tend your “song garden” to uplift
your spirit

In this workshop, we will start by grounding ourselves in the body and warming up our voice in a gentle and playful way. In a safe and welcoming "song circle," we will share some of our favorite song muses. **We will experience songs as allies and companions for our soulful journey.**

After a lunch break, we will introduce some basic song-catching techniques that are embodied, fun and practical. Participants will then be invited to **connect with what is alive and present with their heart and experiment with catching their own songs.** Afterward, people have the option to bring their song explorations back to the community to witness, weave and try on new possibilities.

We believe that tending **the song garden is a pathway to deeply connect with the most authentic and expressive part of ourselves,** the part of us who naturally knows how to sing! Come and join us!

LED BY



Spring Cheng is an artist, writer and the founding faculty for the Living Resonance, a Holistic Psychology graduate program at Ubiquity University. For most part of her life, Spring did not believe that she could sing. At age 41, she met her teacher Kaija who taught her that everyone is born to sing, and we just need to remember. Since then, for a decade, Spring sings through grief and rage, as well as gratitude and ecstasy. To learn more about her work, please visit ResonancePath.com and SpringCheng.com.

Yin Dwyer's first language is singing since her mama is a songbird too. During the start of the pandemic, Yin began leading people in a practice to explore the vibrations of song in the body and found it to be deeply healing. She is a firm believer in using the voice to self soothe and move the things that are stuck. She leads a monthly gathering in Bellingham filled with group vocal exploration and singing called Song Church. She is also part of the acapella trio Earth Practice. Instagram: [@youcancallmeyin](https://www.instagram.com/youcancallmeyin).

April 6, 2024

Saturday 10 am - 4 pm

Includes a lunch break
Please bring your own lunch

Journeys Basecamp
Bothell, WA

\$90 - \$200, Sliding Scale

Financial Aid always available



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