

Mp3 Joy Davis - Relaxation Meditation For Singers

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A guided relaxation exercise for performing singers to reduce performance anxiety and promote relaxed healthy singing. 1 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Relaxation Show all album songs: Relaxation Meditation for Singers Songs Details: Hi singers! I have been singing and teaching singing for the entire life span of my adult carrying case. Along the journey I have, (and still do), wrestled with stage fright. I have taken my collected experience and put it into a positive relaxation exercise to help you quiet your mind, relax your body and allow the beauty of who you are and what you have to say to come forth unedited! I hope this is of as much help to you as it has been for me and the singers that have tried it so far. I want to be able to allow my artist expression to sail forth unobstructed by my nervous mind and body. I want that for you too. That incredible feeling of being connected and passionate. Be the blessing you came to be! Let me know what you think. Love, Joy

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