



HERE FOR THE GIRLS P.U.S.H

(PEOPLE USING SONG/SOUNDS TO HEAL)

WITH MYRA SMITH-JONES

SEPTEMBER 7TH AT 5:30 PM

This program is great for those living with PTSD, trauma, chronic illness, and much more. It is a wonderful mix of breathing exercises, songwriting, sound therapy, ear training, vocal pedagogy, and vibrations.



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