

RELAX-BREATHE-HARMONISE



**10 week programme for people affected by
Long Covid**

Participants are supported to learn and embed new tools and practices focussing on greater breath control, relaxation, pacing & self-management through guided activities, vocal exercises & peer support.

Sessions delivered **online** by experienced vocal practitioners

Wakefield
2.00-3.00pm
Mondays

Bradford
1.00-2.00pm
Tuesdays

Leeds
2.30-3.30pm
Tuesdays

Calderdale
1.30-2.30pm
Thursdays

**For more information or to register email
admin@sharedharmonies.co.uk
or phone 07739339302**

