



VOCAL TONING AND CONTEMPLATIVE MOVEMENT

Music Meditation In Motion

WITH GEORGE GRANT

Gently Explore: Creative Shapes, Stillness, Balance and Flow

If you can stand and walk, you can do Music Meditation In Motion. Anybody, at any skill level, can gently explore their own ways to move slowly, find balance, hold still, and respond to shapes of other people.

Combine: Movement and Vocal Toning

Respond to live intuitive vocal tones, and make your own.

Magic Fun and "Exercise" For All Ages and Skill Levels

It is all so simple and fun. MMM is not aerobic exercise, but your body will feel great afterwards.

MMM is highly contemplative and personal, yet the group energy boosts and supports.

MMM is not a social party, yet the human connection is profound.

Standard Warm-ups Lead to Complete Freedom of Movement

Much like any other game, warm-up with some Focus, then let go with Freedom. Always at your own pace and style, improve basic skills, then let go, playfully.

Energy Arts: Essence of Healing Within Tai Chi, Qi Gong, and Yoga

MMM taps the Energy-Essence within Tai Chi, Qi Gong, and Yoga – without following specific or memorized complex postures or sequences.

No Mistakes or Judgment

In a safe private environment without competition, play without concern. All skill levels support the group energy, without holding anyone back.

Online Lessons / Books / Recordings / Vocal Toning / Hand Drumming-Drum Talk / Sound Healing Skills

For more information, access to videos, testimonials, press, educational materials and a no obligation chat with George

www.VocalToning.net

