

# Body Presence

## How to deal with the stresses of life

### Wednesday March 4th Amsterdam

Have we accepted stress as a normal part of our daily life? In the workplace, in study, at home, we are doing often as much as possible in a day with little to no connection with our body. We can feel tired and overwhelmed at the end of the day, in constant drive, with our mind running overtime.

Do you ever consider that your voice has a powerful effect on your body?

Our voice is a powerful instrument.  
The way we express either vitalizes or exhausts us.

**In this interactive workshop voice coach Chris James presents how to deal with the stresses of daily life with body presence, voice and expression.**

With simple tools that support your overall wellbeing you can experience the joy of your true voice and a connected body that naturally enriches you to be energized and ready for whatever is needed in life.



**Time: 19:30 - 21:00 hrs**  
**Registration: 19:00**  
**€20 / €15 early bird price**  
**(by 15th February)**

[www.chrisjames.net](http://www.chrisjames.net)

Venue: Huis van de Wijk,  
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Bookings: Mariette Reineke  
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