

## SING FOR PURE JOY! Song Circle

We all know that singing feels marvelous and now, “Group singing has been scientifically proven to lower stress, relieve anxiety and elevate endorphins.” (Stacy Horn, *Imperfect Harmony: How Singing With Others Changes Your Life*) and “Singing as part of a choir has the same calming health benefits as yoga.” (Sarah Rainey, *The Daily Telegraph*).

There is a riveting article in the March/April, 2015 issue of *Scientific American MIND* that states: “New Therapies are using rhythm, beat and melody to help patients with brain disorders recover language, hearing, motion and emotion.” Music heals the brain and has an incredible power to lift mood and build connection.

And it is FUN!

If you desire an added boost of “feel good” hormones floating gleefully through your body, join our SING FOR PURE JOY! Song Circle.

This is a safe, non-judgmental circle where all voices are welcome. No experience is needed — only the desire to make joyful sounds to help access and express the profound joy and beauty at our core. No written music is used.

Heart-felt melodies, soulful gospel songs and spirituals, meditative chants, luscious layered songs and robust rounds are all taught in the traditional method of call and response.

There are three opportunities to be a part of this group:

- ✓ Monday afternoons from 1:00 – 2:30 in Room 3 of the Quadra Community Centre, Quadra Island. Co-directed by Kate Alexandra ([movewithkate.ca](http://movewithkate.ca)).
- ✓ Wednesday afternoons from 3:00 – 4:30 at The Lions Den (across from Thrifty’s) in Campbell River.
- ✓ Saturday evenings from 6:30 – 8:00 at The Lodge, 1127 4th Avenue in Ladysmith.

As Ella Fitzgerald said, “The only thing better than singing, is more singing.”

Contact Mary Dennison at [singforpurejoy@gmail.com](mailto:singforpurejoy@gmail.com) or 250-285-3764 or 250-202-1003.