



## Afro Caribbean Beats Wellness Rhythm & Voice Workshop

Laughing, moving and playing contribute to your overall wellness. It is the key to a healthy and enjoyable lifestyle. Your wellbeing is at the heart of this Afro Caribbean Beats - Rhythm & Voice workshop. It's perfect for releasing stress, while having fun with likeminded others. Afterwards, you will feel invigorated, energized and revitalized.

### Background

The Afro-Caribbean music is a wide range of styles originating from the Caribbean but with roots in Africa. It emphasis is on strong rhythmical sounds. And the simplicity of the **call and response** technique used within this genre. Secondly, the [free-flowing vocalised sounds](#) are not bound by routine but by vocal improvisation. Your voice, mind, body and soul are all that's needed. In addition, the music promotes the interaction between us. Plus, allows us as individuals to connect and feel confident about our own unique rhythm & voice.

### The aim of the workshop

- To teach you to playfully discover your unique rhythm through afro Caribbean beats.
- Call and response techniques
- Connect with your voice and body
- Use your voice as an instrument to enjoy your own sound.
- Experience a deeper connection with yourself, to improve your relationships
- Embrace your own unique moves and learn how to improve your self-esteem
- Learn how to accept yourself as you are.

***IMPORTANT Note:*** This Afro Caribbean Beats – Wellness Rhythm & Voice workshop is NOT a singing or dance lesson. Neither does it aim to teach complicated voice techniques or moves. It's a fun voice and rhythm improvisation workshop. There is no right or wrong, good or bad way everything is as it should be.

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