



Therapeutic Songwriting Workshop

This workshop is for everyone – from a beginner musician to a professional songwriter or session musician. The program will be structured according to your needs.

The program consists of two sessions of two hours each, done over two days. Price: R1 200.

Cell: 072 832 2424

Benefits of therapeutic songwriting that have been reported are:

- increased mental clarity,
- improved physical health
- a sense of calm and peace
- improved self-esteem
- increased self-awareness
- working through emotional blocks
- developing insights into feeling and needs, both of self and others
- a sense of belonging
- expressing emotions and thoughts where normal communication can't reach

I am looking forward to create a beautiful healing song with you.

“There is no truer truth obtainable by man than comes of music.”

Robert Browning