



## TAKE SOME VOICE LESSONS



It could make you happier and improve your health!!!!

Let's face it. This pandemic is the pits for many MANY reasons. We are all finding it harder to get up each day and keep going and find purpose in all this.

I've been finding my music and singing to be a great source of comfort, especially being able to use my gifts to assist with music ministry at St. Kateri.

You may or may not know all the benefits that singing has shown to offer.

- Singing lowers cortisol and relieves stress and tension.
- Singing provides an unthreatening way to express emotions.
- Singing is an aerobic activity and increases overall health.
- Singing strengthens the immune system

And More!!!!!!

I (Elissa Harrigan) am now offering Remote voice lessons for the summer.

- Lesson time availability – What is a good time for you?? I will try to work around your schedule!
- \$50/hour – one lesson includes a 45 minute virtual lesson PLUS an additional 30 minute follow up on progress
- Required by student for on-line teaching
  - Good to Great internet.
  - One device to play music (PC, laptop, IPad, Bluetooth speaker connected to a device. etc.)
  - SECOND device to telecommunicate with zoom, skype or facetime (needs to be different from the device playing music).
  - Payment options – PayPal is preferred but can also take checks sent through snail mail.

About Elissa Harrigan:

Elissa has had the pleasure of teaching voice lessons to students of varying ages, abilities and musical preferences from classical to rock for the past 15 years!

Elissa will teach you the fundamentals of good technique based in classical training including breath support, coordination and body awareness to help you be the best singer that you can be!

Elissa has coached students who have gone on to excel in their musical arena.

In addition to being a RPI voice instructor she also runs the music ministry program at Notre Dame-Bishops Gibbons School as well as being a Cantor at St. Kateri church.

Every person's voice is different and Elissa looks forward to sharing the musical and vocal discovery with you!

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