Dana LaCroix

The Singer Within

Re-discovering the natural-born singer in you

"One of the best-loved workshop presenters we've had at the Psychotherapy Networker Symposium. Out of over 150 yearly workshops, our attendee feedback places Dana's singing workshops at the top of the list."

Rich Simon, Senior Editor, Psychotherapy Networker Magazine and Symposium

Singing, one of our most primal forms of communication, has been used through the ages to celebrate life's milestones, overcome challenges, accompany rituals, and bridge the gap between the physical and spiritual worlds. Many of us yearn to express ourselves in song, yet in our time, singing has come to be regarded as the sacrosanct territory of the professionally trained. "The Singer Within" is a workshop that provides a safe, supportive environment designed to help you re-discover the natural-born singer within . Here you will have the opportunity to sing, shout, laugh, improvise and experience the thrill of lifting your voice and blending with others in a communal celebration of song.

Releasing the inhibitions instilled in us by our experiences and surroundings and daring to let our voices ring is one of the most healing, life-affirming experiences available to us. Many of our fears are born of feelings of inadequacy and dread of failure. Yet music, like air, earth, fire and water, is an element that exists outside of us. It is not created, it is channeled. In opening ourselves to this truth we can find the courage and the inspiration to explore our innate musicality and experience the physical and emotional vibrations that only the human voice can create.

"One of the best teachers --of anything-- I've ever had. After a lifetime of wanting to sing but being too intimidated to learn, I had the good fortune to take lessons from Dana LaCroix. How she demystifies the art of singing is a miracle. She's a master!"

Fred Wistow, Lawyer

"I have rarely met a workshop leader so skilled at insuring the safety of all participants. And, once safety is established, she supports participants in taking risks. My singing and my confidence in using my voice as a tool of self-expression have increased tremendously as a result of working with Dana."

Christopher Beattie, Psychotherapist

Evaluation sheet feedback from recent workshop attendees:

"This presenter has an excellent sense of safety; she was able to create an extraordinarily safe environment in which workshop attendees could, if they so chose, take risks. In addition, she is a very talented musician and vocalist, which made the context enjoyable."

"Dana was able to be both compassionate and challenging to the participants and showed remarkable acceptance of all levels of voice."

"Ms. LaCroix created and sustained an atmosphere of acceptance and approval that allowed even the most anxious and self-conscious participant to feel comfortable enough to challenge his or her own personal boundaries."

"(The workshop) with Dana LaCroix was my favorite. It was very joyful for me. One of the sites where I practice psychotherapy has recently left me speechless. This workshop has helped me to have the courage to speak up and speak out. Thank you, Dana and all the attendees of the session."

Dana LaCroix is a critically-acclaimed recording and touring artist and professional workshop leader. She has written songs for feature films, worked as director of music at the New Drama School in Copenhagen, and taught private lessons and master classes in voice coaching at the Danish Academy of Musical Theater. Dana has taught small and large group workshops and clinics at colleges, universities, theater schools, and conferences in Canada, Europe, and the US.

Baltazar Management PO Box 168 Davenport, NY 13750 Tel. 607.437.0158
Email: bmevents168@gmail.com

BALTAZAR MANAGEMENT