

## **We'd like to teach the world to sing....a cappella style!**

There's a new women's choir in town and we'd like to invite YOU to come and join us!

There are more singing programmes on television these days than you can shake a stick at - and it is little wonder - choral singing is so good for you. So ladies, if you're looking for a new adventure this autumn, look no further. Come and enjoy some "ME" time on a Wednesday evening, make new friends and explore a wonderful new pastime.

Should you need further convincing, here are just ten excellent reasons why:

- 1) IT'S HEALTHY: singing helps you develop good posture, breathe properly and maintain mental alertness. It's a great stress reliever too not to mention the positive effects help to boost your immune system.
- 2) IT'S FUN: ask any singer why they sing and they'll tell you it's because they enjoy it. Your weekly singing night may well become your best night out of the week!
- 3) IT'S INCLUSIVE: whatever your age, ability or experience.
- 4) IT'S INEXPENSIVE: monthly membership subs are great value for money.
- 5) IT'S CHALLENGING: like any skill, your singing will improve with practice, helpful direction and coaching to bring out the best in you.
- 6) IT'S REWARDING: the sense of achievement gained when you hear your harmony part fitting together with others in a beautiful song is indescribable. Audience applause has an amazing effect on your adrenalin levels too!
- 7) IT'S FULFILLING: you're instantly part of a community organisation that helps fundraise for charity, entertains friends and family and supports the local arts.
- 8) IT'S SOCIABLE: you'll make new friends when joining, not only when singing each week but also on other social nights out.
- 9) IT'S INVOLVING: the more you put in, the more you'll get out of your endeavours.
- 10) IT'S GOOD FOR THE SOUL: ask any singer. It will make you glow with raised spirits and touched emotions. Confidence levels increase too.

Whatever your age, background and ability, do please come along to our FREE singing induction course on Wednesday evenings from September 21<sup>st</sup> onwards at the Mottram St Andrew Village Hall from 7.45pm til 10pm. Whilst singing fun songs, we'll teach you lots about breathing, 4-part harmony, physical posture, musical interpretation and so on and so forth. Great fun guaranteed!

For more information please contact Chrissie on 07929103990 or at [chrissieb61@yahoo.com](mailto:chrissieb61@yahoo.com)