



invites you to a special **FREE** workshop!

Becoming Sound - Yoga for Singers

Find Your Balance, Focus, and Relaxation!

Presented by Steven Russell

When: Saturday, November 8th, 10:00 AM – 12:00 Noon (Registration at 9:30 AM)

Where: The Reformed Church of Highland Park
19 South 2nd Ave, Highland Park, NJ 08904

Unwind, Refocus, and Energize

Step away from the rehearsal and onto the mat! Join us for a unique Yoga for Singers workshop designed to help you discover deep relaxation, sharpen your focus, and cultivate inner peace. This inspiring session is led by Steven Russell, who brings over 25 years of yoga experience and 15 years of teaching expertise.

- **All are welcome! No yoga experience needed;** any level of flexibility is perfect.
- Experience the benefits of **calming breathwork and safe, mindful movement.**
- Learn to nurture **focus, tranquility, and gentle physical challenge** in a supportive environment.
- **Bring your own yoga mat if you have one, or a small blanket.**
- **Wear comfortable, gym-style attire.**
- **Please RSVP to reserve your spot!**
 - www.njchoralconsortium.org
 - **Walk-ins welcome**

Meet Your Instructor

Steven Russell is a **certified yoga instructor** (Sri Dharma Mittra, NYC, 2010) and a **professional musician**. His teaching style blends breath, sound, and mindful movement for a holistic experience. Steven has led yoga workshops for National and Regional ACDA, Monmouth AGO, Central NJ AGO, Millersville University, NJ Youth Chorus, and GALA Choruses. Steven holds a BM in Music Education from Westminster Choir College and a MM in Choral Conducting from Rutgers University. He is also the founding president of NJCC.



**Take a well-deserved break—
relax, recharge, and connect with
fellow musicians through yoga!**

