
FREE YOUR VOICE

A 3-Hour Immersive Experience with Holloway

Your voice is more than something you use to sing—it is one of the most direct pathways to self-expression, emotional release, nervous system regulation, and authentic connection.

In this immersive experience, Australian musician and composer Holloway invites you into a playful and deeply supportive exploration of the human voice. Whether you have sung your whole life or have never sung a note in public, this experience is designed for everyone.

Through a unique blend of science, storytelling, group vocal practices, breathwork, somatic awareness, guided improvisation, and collective singing, you'll discover how the voice can become a powerful tool for presence, creativity, confidence, and wellbeing.

Drawing from years of performing internationally, facilitating immersive musical experiences, and exploring the relationship between music, emotion, and the nervous system, Holloway gently guides participants beyond performance and perfection, inviting the voice to emerge naturally, honestly, and without judgment.

The workshop will include:

- The significance of the voice and its connection to the nervous system, emotion, and human connection.
- Practical tools to develop vocal freedom, resonance, and confidence.
- Breath, sound, and body awareness practices.
- Group vocal exercises and playful improvisation.
- Collective singing and harmony.
- Reflection and integration.
- A deeply immersive live sound journey to close the experience.

This is not a singing lesson.

It is an invitation to reconnect with one of the most ancient and powerful instruments we possess, our own voice.

Whether you come to sing, to listen, to heal, to play, or simply to explore, you are warmly welcome exactly as you are.

