



Find your voice and make it free

Course on Fyen, Denmark from April 25 - 27, 2025

with Mette Abraham & Lene Wisbom



Our voice is something very special - it is shaped by the life we live and the baggage we carry. The voice sounds in accordance with the space that is available to us in the body and our psychological and emotional expression.

This unique instrument, which the voice is, opens and is released when we work on balancing the body and breathing, being able to feel and use the body as support to express oneself clearly and authentically.

Many people hold back on their voice due to muscle tension, especially in the neck, jaw and chest, and through physical exercises we examine both the part of the voice that is available. And we are very curious about the part of your voice that is waiting - and that you may not know about yet. In my many years, singing students have wondered about the actual scope, fullness and timbre of the voice.

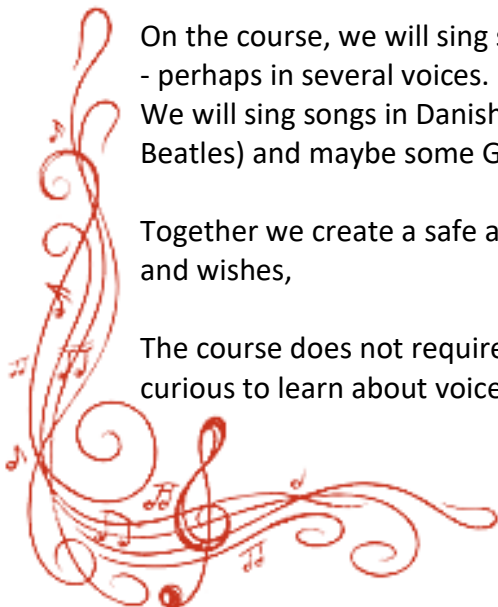
This course gives insight into how breath can open and create life in both body, mind and voice. Breathing thrives when we adjust to a better body balance - this is where freedom, play and impulses awaken, and it is here that we become visible to ourselves and others. It is from here that we dare to stand with ourselves and find the courage to unfold ourselves more.

On the course, we will sing simple, beautiful songs from South Africa - perhaps in several voices.

We will sing songs in Danish with beautiful melodies and lyrics - songs by John Lennon (The Beatles) and maybe some Gospel.

Together we create a safe and warm space where you can come with you, your challenges and wishes,

The course does not require any prior knowledge in relation to singing, but just if you are curious to learn about voice use and breathing,





Date: April 25 – 27, 2025

Times: Friday from 12-17, Saturday from 10-17 and Sunday from 10-14

Place: Hostel California, Pejrup, max 25 participants.

Diet: Coffee, tea and other good things included. Regarding food during the days – tick the box on the registration form.

Accommodation: Hostel California

Price: DKK 3,300 Dkr / 445€ including accommodation, **First 10:** 2.950 Dkr/ 400€ extra fee for single room – tick the box on the registration form

Payment at registration: Wisbom ApS, Nordea, DK: Reg.nr: 2680 Kontonr: 9035581283

Transfer: IBAN number: DK1920009035581283, SWIFT/ BIC CODE: NDEADKDK, **PayPal:** Lenwis@

Questions and Registration: to wisbomlene@gmail.com

Registration is binding and payment is non-refundable

Trainers:



Mette Abraham

Education:

Rhythmic Music Conservatory Copenhagen (Singer, as well as Music and Movement Teacher)

Bodynamic Practitioner, Certification in the Anne Rosing Method, Voice Rehabilitation, and Yoga Teacher,



Lene Wisbom

Educations:

Psychomotor Therapist, Reflexologist, Cranio Sacral Therapist, Kinesiologist. Bodynamic Analyst – Body psychotherapist, and supervisor, as well as senior teacher in Bodynamic International.

In addition, Map and Surveying Technician, Neurofeedback Trainer and Neuro Muscular Test Trainer.

Course location and accommodation – [link to the venue:](#)

Hostel California is the old Pejrup station building and where vintage trains still run occasionally. The place has 7 bedrooms on the 1st floor and 4 on the ground floor – all with a minimum of 2 beds – a total of 32. So if you want a single room, it is first come, first served 😊 – and depending on how many people sign up.

In addition, there are 3 bathrooms, 5 toilets, large and small kitchen and 3 living rooms and plenty of outdoor space and fantastic nature and plenty of parking. Flexbus can be ordered.



REGISTRATION FORM FOR Find your voice and make it free

Course on Funen from April 25 - 27, 2025m.

Mette Abraham & Lene Wisbom

(please fill in here or write in block letters and send by email to wisbomlene@gmail.com)

Name: Address: Postal code and city:

Tlf.nr.: E-mail adresse:

What information may be disclosed on a confidential mailing list to the group:

Name: Address: Mobile No.: E-mail: (tick)

Newsletter from the Wisbom.dk/ Body Psychology Institute: (tick)

Price for the course is: 3.300 Kr./ 445€ **First 10:** DKK 2.950,000 Kr./ 400€ - **Registration is binding**

Payment to: Wisbom ApS, Nordea, DK: Reg.nr: 2680 Account no: 9035581283

Transfer: IBAN number: DK1920009035581283, SWIFT/ BIC CODE: NDEADKKK, **Paypal:** Lenwis@
– remember to write your name

Accommodation at Hostel California – to be paid at the same time as the course fee:

Single room extra charge: 300 Dkr/ 40€ per night – a total of 600 Dkr/ 80€. (tick)

Double room extra fee: Dkr 100/ 15€ participant per night – a total of 200 Dkr/ 30€. (tick)

Multi-room is free of charge (tick)

Dining can be purchased: We make the food together from what has been purchased depending on registration here:

Prices: breakfast = 30 Dkr – for lunch 40 Dkr – for dinner 50 Dkr – tick boxes – total of 200 Dkr/30€.

Friday: 50 Dinner

Saturday: 30 Breakfast 40 Lunch 50 Dinner

Sunday: 30 Breakfast

Write special wishes/allergies here:

Cancellation: If you cancel more than 4 weeks, 28 days before the first day of the course, 1/2 of the payment will be refunded. If you cancel 27 days or less before the start, no refund will be given.

(Can be sent by email to wisbomlene@gmail.com)