

Global Mindfulness

A SERIES HOSTED BY THE TTUHSC OFFICE OF GLOBAL HEALTH

In Tune: Breath Fundamentals for Vocal Health and Authenticity



MONDAY, FEBRUARY 26, 2024

11 AM – 12 PM

HSC 2B265

Led by **Erik Stoklossa**, Associate Professor of Voice
in the Texas Tech University School of Music

THIS INTERACTIVE WORKSHOP WILL ORIENT PARTICIPANTS TO THE SCIENCE OF BREATH, SUSTAINABLE VOCAL HEALTH, AND SPEAKING WITH AUTHENTICITY. ATTENDEES WILL BE GUIDED THROUGH A SERIES OF EXERCISES THAT CAN EASILY BE INCORPORATED INTO A PERSONAL WELLNESS ROUTINE. JOIN US TO ESTABLISH A DEEPER CONNECTION TO YOUR OWN BREATH, BECOME EQUIPPED WITH TOOLS FOR VOCAL WELL-BEING, AND LEARN HOW TO EXPRESS YOURSELF AUTHENTICALLY.

THIS GLOBAL MINDFULNESS WORKSHOP SERIES IS **FREE**
AND OPEN TO **ALL TTUHSC STUDENTS**.
FOR QUESTIONS, PLEASE EMAIL GLOBALHEALTH@TTUHSC.EDU