

Two instructional Videos

"You cannot express a wrong sound in the Soul Voice® method; each sound and tone have a message for you, so you can let go of any judgments and be free in your sounding expressions." KARINA

Give yourself lots of credit each time you embark on an exercise. Allow yourself to explore with a child's curiosity! And be passionate about your progress, as these practices step by step will enhance your wellbeing significantly & open up to a more authentic life style!

ENJOY!

Testimonials

"These immaculately presented, comprehensive instructional videos are brilliant!

I am impressed by how masterfully and clearly Karina guides, supports and inspires!

Each exercise is superbly and incrementally structured.

I am delighted to have this resource I can recommend to my speech therapy clients to explore their voices and emotions in such a safe and supported way (without seeing another practitioner in person.)

They have found these videos an excellent adjunct to the structured voice therapy I offer as a Speech Pathologist. They have reported feeling so encouraged, supported and more confident to explore their voices playfully!

Karina has managed to pack the videos so full of rich multi-layered exercises that they could be practised for a lifetime!"

**Carmelle Moore - Director of Voicemoves Yoga, Speech Pathologist
B.App.Sc.Sp.Path, C.P.S.P., MSPA.**

"When you cannot make it to a Soul Voice® workshop with the charismatic Karina Schelde, these gorgeous DVDs are absolutely the next best thing! To have such an experienced, dynamic & masterful pioneer of therapeutic voice sound healing in my own lounge room, guiding & encouraging me to sound, sound, sound... was a blessing & a liberation, especially in these times of uncertainty & restrictions.

Even on film, Karina has a presence that simply cannot be ignored, as she sweeps you up & carries you away in her tidal wave of powerfully evocative

& awakening voice practices. As familiar as I am with these practices as an Accredited Soul Voice® Teacher, I am reminded that no matter if I have participated in a practice 10 times or 100 times, I can go deeper & deeper into the layers of my subconscious every single time. Never mind the analogy of peeling away the layers of an onion... the Soul Voice® method shows me I am an *endless Babushka doll*, or a never ending packet of *Tim Tams* – depending on how you look at it!

The exercises are explained simply and step by step with Karina demonstrating what is possible, making it extremely easy to follow. You can choose any exercise, at any time and pause it whenever you need to. Then when you find your favorite, you can do it over and over. All of this at your own convenience.

I will be recommending these revolutionary DVDs to all my students and clients!

“*Sing it out, sound it out*”... yes please Karina!!”

Melissa McCormack – Australia, Accredited Soul Voice® Teacher

“I highly recommend the 2 instructional videos by Karina Schelde for people interested or new to the Soul Voice® method, who would like to discover what Soul Voice® is and learn from its benefits. I also highly recommend the videos for clients & students, who are in touch with the method as well as seasoned Certified Soul Voice® Practitioners and Accredited Soul Voice® Teachers.

The videos are visually stunning; we see the beauty of Coromandel New Zealand and Karina shining in her radiant heart and depth of being that is palpable in the introduction. Karina's guidance is exceptional. I felt held and supported as I sank into each sound (and movement) exercise. I had a “I'll have what she's having moment” and then as I dropped into my body and sound through the practices, I enjoyed the richness and vastness of my own being.

The exercises contained in the videos are simple, yet effective and a light introduction to some of the Soul Voice® exercises that we work progressively deeper with as we move through the Soul Voice® training.

By opening to breath and movement and progressively moving through each of the exercises, in no time I found myself rejuvenated! By the end of the video I felt completely in my heart and very ALIVE. The exercises have a profound effect on the body, mind, heart and soul.

I enjoyed hearing Karina's powerful sounding. Without me 'trying' at times our voices would weave and play together, which I found an absolute treat and nourishment for my soul.

These videos are also an amazing tool for anyone who may not feel confident about sounding in front of others.

The support, encouragement and inspiration that transpires from the videos is a PRECIOUS gift!"

In heartfelt gratitude,

Dorianne Daniels, Mukulu's Song, Australia, Accredited Soul Voice® Teacher

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Video #1:

Liberate you voice to experience your ultimate potential ~ Practices from the Soul Voice® books (43:19)

Intro (2:17)

1 The Art of Listening (7:36)

2 The Full Deep Breath and the
Opening Ah-Sound (10:02)

3 Baby Sounds (5:00)

4 The Laughing Practice (4:40)

5 The Intuitive Song (5:20)

6 Sound Meditation (7:55)

Closure (1:49)

Video #2:

Intro to Soul Voice® Practices + Sound & Movement (48:09)

Intro (3:38)

1 Introduction to Soul Voice® Practices &
Opening to Sound & Movement (23:31)

2 The Intuitive Flow of Sound & Movement (9:46)

3 The Regenerating Sound & Movement (9:37)

