





SOUND & MOVEMENT

with Pamela Knowles

 promoting health, well being, and fun! 

WEDNESDAYS AT 10AM FROM YOUR HOME ON ZOOM!

Sponsored by the Egremont Council on Aging for Seniors 65 and over.

Working with the body, breath, and voice, this class incorporates stretching, alignment, muscle toning, and releasing tension, as well vocalizing (freeing up our natural voice), and improvising (engaging with the whole self) to cultivate our inherent, creative movement potential and have fun!

Everyone is welcome, no experience necessary!

“This is a gentle class and can be done both seated and standing. We tested a version of this on zoom, and it received unanimously positive reviews.”

**Suggested donation: \$5.00 - by check or on Venmo
my Venmo address: pamelaknowles@hotmail.com**

The Zoom link is: <https://us02web.zoom.us/j/6466780360>

Pamela’s career as a jazz singer and voice teacher has always been combined with movement and improvisation. Now a full time resident of South Egremont, she is a Teaching Artist with Dances for a Variable Population working with the senior community in NYC. She is also a certified teacher of Skinner Releasing Technique as well as a certified practitioner of somatic therapy.

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