

# VOCAL HABILITATION COACHING

FREE

## MASTERCLASSES



### LILY ROSE

Vocal Habilitation Coach,  
Workshop Leader,  
Vocal Health First Aider and  
songwriter.

#### THE LEARNING VOICE

SATURDAY  
16.05.2026

A workshop for amateur voice users who rely on their voice but have never learned how to care for it.

#### THE TIRED/RECOVERING VOICE

SATURDAY  
23.05.2026

For voice users whose voice feels heavier, more tired, or less clear than it used to

#### THE AGEING VOICE

SATURDAY  
30.05.2026

This workshop supports voice who's pitch, control & range that may have changed with age

Limited availability - Email: [Nekela@music-house.org.uk](mailto:Nekela@music-house.org.uk)

[www.music-house.org.uk](http://www.music-house.org.uk)



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**ARTS COUNCIL  
ENGLAND**



# MASTERCLASSES

## THE LEARNING VOICE

*A beginning, not a performance.*

A practical workshop for anyone ready to truly understand their voice. Whether you use it for work, creativity, community or confidence, this is your starting point.

Explore vocal health, effective warm-ups, breath and alignment, and how to build a sustainable voice practice, all grounded in real physiology.

No pressure. No fluff. Just clear guidance and space to explore.

You don't need to be a singer, just bring your voice and a willingness to learn.

## THE TIRED/RECOVERING VOICE

For voice users whose voice feels heavy, strained, or not quite the same. Designed for those experiencing fatigue, hoarseness, or changes in their voice, this workshop offers structured, energising support to restore clarity and ease.

Explore gentle recovery practices, reduce strain, rebalance breath and resonance, and reconnect your voice to responsiveness.

This isn't about pushing through, it's about restoring efficiency.

If you're experiencing ongoing pain or significant voice loss, seeking ENT support alongside this work is strongly encouraged.

## THE AGEING VOICE

Your voice may change, but it doesn't have to disappear.

This workshop supports voice users noticing shifts in pitch, control, range, or stamina, offering clear, informed guidance to adapt with confidence.

Explore how the voice evolves with age, maintain strength and flexibility, improve stability, and manage dryness and endurance.

Ageing isn't decline, it's adaptation.

If symptoms feel severe or concerning, ENT support is recommended alongside this work.