

LEARN TO SING



**Making Your Dreams A Reality
Discover Your Voice and Talent**

PLAY

**EXPLORE , LEARN AND
APPRECIATE THE VOICE**

Benefits of Singing

Singing improves posture and blood circulation , decreases muscle tension, reduces anxiety and relieves stress proving to be therapeutic to the mind and body. It strengthens concentration and memory and helps in speech skills. Singing builds self esteem and confidence promoting creativity and enriching the imagination of the individual.

You are never too young or too old to learn to sing. Here at ADPAC (Aurora Dance and Performing Arts Centre) we offer a variety of programmes to suit your lifestyle.

- ◆ Kids Rule Singing Course for ages 4 –12 Years
- ◆ Teens Supreme Singing Course for ages 13—18 years .
- ◆ Adult Small Group or Individual Singing Course—Free and easy.
- ◆ Private Lessons for Auditions, Private and Corporate Events



ADPAC

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