

# VOCAL PSYCHOLOGY

## OVERVIEW PROGRAM



## ABOUT VOCAL PSYCHOLOGY

Vocal coaching as a holistic experience. What is blocking your voice on a technical level, and what emotional issue is this a result of? How exactly do we get you from where you are to where you want to be? Together we'll work towards developing a degree of mastery of all the parts of yourself. Knowing which parts (physical and emotional) to call on for what. When do your emotions serve and when / how / in what way are they sabotaging? The Vocal Psychology sessions are as much about self-acceptance, self-healing and self-actualization as they are about learning how to sing. We believe 99% of your technical issues are...between your ears (gasp). We will coach you on multiple levels, so that you can truly sing your heart out!

## PACKAGES & PRICING

### BASIC

- 12 private online sessions (60 min) in 3 months
- create healthy new vocal habits

\$ 1536 (= \$128/session)  
or \$560/month (= \$140/session)

### DELUXE

- 24 private online sessions (60 min) in 6 months
- create breakthrough; significant improvements

\$ 2880 (= \$120/session)  
or \$528/month (= \$132/session)

### PREMIUM

- 48 private online sessions (60 min) in 12 months
- create lifestyle; lasting changes

\$ 5184 (= \$108/session)  
or \$475/month (= \$120/session)



## BONUS FEATURES

### (INCLUDED)

- weekly written recap
- homework (vocal & self-development)
- video tips
- audio exercises
- motivational messages (via e-mail)

### ADD-ONS (OPTIONAL)

- session recordings (audio or video)
- vocal feedback & evaluation (on recorded song)

**Did you know** that it's scientifically proven that singing makes you **happier & healthier**? It elevates your mood, improves your breathing (which helps with anxiety), and stimulates dopamine and serotonin release. Singing also opens the **throat chakra**, which is the center of self-expression and communication. If the throat chakra is closed, you may find it difficult to express your thoughts and feelings, out of fear to be judged, or that your words may hurt someone. Healing it requires us to become confident in ourselves, believe in our personal truth and try new things.

## HAPPY CLIENTS

"Maruja as a person is kind, friendly, attentive and a great listener. Personal traits which obviously make her a great teacher. **She pushed me to levels I didn't know I could reach...** technical levels but also the emotional and spiritual side of what it means to sing. She could explain the technical side with **humor, patience and great concrete visual steps.** They say you need to listen to hear something, and you can listen without hearing. Maruja always hears the person, knows what is going on, and has the expertise to do something with the information. Her ear to hear is always sensitive, leaving me stunned at times, surprised at her **knowledge and empathy.** I always feel safe to push myself, and be myself knowing her guidance will keep me on track. She is an inspiring lady."

MARTIN - student



"The most precious and the most important thing that Maruja has to offer (besides her knowledge on vocal technique, of course!) is a very **safe environment and the feeling you can trust her.** This is so incredibly important when you are doing something as vulnerable as learning how to sing! She is supportive, understanding and really tunes into you so she can provide exactly what you need. Besides this, she is also cheerful and clearly enjoys what she does, and she is **incredibly gifted at connecting with people.** I don't know many people that have such an open and loving attitude towards others. Because of all this, **she is more than 'just' a vocal coach., she touches on deeper levels.** You will get to know yourself better, and that will help you express yourself vocally."

MARIJE - student