

# RELAX-BREATHE-HARMONISE



**10 week programme for people affected by  
Long Covid**

Participants are supported to learn and embed new tools and practices focussing on greater breath control, relaxation, pacing & self-management through guided activities, vocal exercises & peer support.

Sessions delivered **online** by experienced vocal practitioners

**Wakefield**  
2.00-3.00pm  
**Mondays**

**Bradford**  
1.00-2.00pm  
**Tuesdays**

**Leeds**  
2.30-3.30pm  
**Tuesdays**

**Calderdale**  
1.30-2.30pm  
**Thursdays**

**For more information or to register email  
[admin@sharedharmonies.co.uk](mailto:admin@sharedharmonies.co.uk)  
or phone 07739339302**

