

DO YOU HAVE BREATHING DIFFICULTIES?



Cambridge Singing for Breathing is a project of community music charity Talking in Tune, reg. charity no. 1105061

Did you know that singing can help?
Cambridge Singing for Breathing class is now meeting online and new members are welcome.



Singing for Breathing is a friendly and fun way to learn to breathe better using relaxation techniques and breath and voice exercises – and of course, singing. It's user-friendly and you don't need any singing experience to take part. The classes are suitable for anyone living with breathlessness, including asthma, long Covid, COPD, bronchiectasis and IPF.

Time: Thursdays 2.30 – 4.00 pm
Place: Online on Zoom
Cost: Suggested donation of £3.50 per week

To find out more contact Singing for Breathing teacher Kay Barrett

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