

THE HARMONIC WAY

The art of music-infused wellness



Join us on a journey of unparalleled well-being with the London Chamber Orchestra and the inspiring Kim Sheehan. Beginning 19:00 17th January, be one of only 25 people to experience a fusion of music and wellness in a luxurious London setting.



Revolutionary Wellness Series: 8 Weekly sessions combining breath work, orchestral music, meditation, singing, and yoga.



Exclusive Venue: Hosted in a high-end, tranquil London location.



Key Benefits: Improved sleep, reduced stress, enhanced mental clarity, and physical health.



A Unique Experience: Step into a world of luxury and tranquility, designed for transformative well-being.

Begin your journey

19:00 17/01/2024

You are warmly invited to a transformative wellness odyssey with the London Chamber Orchestra and the esteemed Kim Sheehan, beginning on the 17th of January. This groundbreaking series, held over eight weeks, is hosted in an exclusive, high-end London venue, offering an unparalleled atmosphere of luxury and tranquility.

Each 90-minute session is a groundbreaking venture in holistic well-being, meticulously designed by Kim Sheehan, a renowned expert in harmonising breath work, live orchestral music, meditation, singing, and yoga. This unique programme promises not only to enhance your mental, emotional, and physical health but also to revolutionise your approach to well-being.



Unique Features



A rare fusion of breathing techniques synchronised with live orchestral music, providing a deep sense of relaxation and emotional connection.



Expertly guided meditation sessions to sharpen focus and foster profound inner peace.



Therapeutic singing practices, crafted to uplift mood and improve respiratory function.



Gentle yet effective yoga practices, enhancing physical strength and flexibility.

Benefits to You



Exceptional improvement in sleep quality, facilitating relaxation and stress alleviation.



Significant reduction in stress and anxiety levels, nurturing better mental health and clarity.



Elevated mood and emotional balance, facilitated by the endorphin and oxytocin release triggered by music and singing.



Noticeable enhancements in physical health through targeted yoga exercises and breath work.

This programme is a life-changing experience, set in a refined and opulent London location, ideal for those seeking an extraordinary improvement in their quality of life.

Embrace this opportunity to transform your well-being with the London Chamber Orchestra and Kim Sheehan, where luxury meets innovation in the pursuit of holistic health. Join us on a journey to a new echelon of personal health and tranquility.



KIM SHEEHAN

One of seven children, raised in a small Irish fishing village by a single mother, Kim's journey to opera was unlikely – her school lacked a music department. Yet, at age 9, a local singing teacher discovered her talent. This ignited a passion that led Kim to juggle multiple jobs – in pubs, shops, and even a convent – to fund her singing lessons and music degrees. Her resilience and hard work paid off, propelling her onto the international opera stage, performing with prestigious companies like Zürich Opera House, ROH with the Royal Ballet, Grange Park Opera, and Garsington Opera.

Beyond singing, Kim is dedicated to helping others feel better and happier. She balances her singing career with a focus on well-being. Winning the inaugural Jane Anne Rothwell Award at Cork Midsummer Festival for her project All That Is Sound, and an Award for Magnanimity for her lockdown meditation sessions, Kim has also been recognised for her artistic achievements and contributions. She's a certified EFT practitioner, a British Wheel of Yoga teacher, and a Yoga Alliance Kirtan leader.

Kim's experiences have honed her ability to empathise and uplift others, teaching them to manage anxiety and heal from grief. She exemplifies resilience, showing that with determination, any goal is attainable. In the coming year, Kim will lead yoga and sound retreats, workshops for women on voice use, and train yoga teachers in vocal presentation and EFT. Continuing with one-to-one sessions in EFT, public speaking, singing, and yoga, Kim will also grace various stages in her singing career.

Early Bird Booking available now
until 15th December