

# The Sunday Sessions

**BREATHE...SING...RELAX...NURTURE**

**Singing workshops for women**

**Join musician and teacher Caro Fentiman  
for singing workshops designed to offer a place for  
women to be nurtured and creative**



**This is an opportunity to make space for yourself,  
away from the daily stresses of your busy life.**

**28th April, 2nd June, 7th July 2019**

**2.30-5.00pm**

**Longhoughton Community & Sports Centre NE66 3JH**

**Cost: £12.50 per session (£30 for three),  
to include delicious homemade refreshments**

**Booking essential: contact Caro for more  
information or to reserve your place:**

**[carofentiman@gmail.com](mailto:carofentiman@gmail.com)**

**07932 746326**