

Sophia Efthimiou



La Maison Anglaise
Holidays with Heart

Sophia has been leading singing workshops and community choirs for more than a decade, and in more recent years has been teaching on singing holidays abroad. Having the opportunity to sing outdoors in beautiful locations, with a group of fellow singing lovers, feeds a deep longing to connect with the land and nourishes a sense of unity with our human family. Taking time away from the patterns and habits of everyday life allows us to remember a truer sense of who we really are.



Sophia is a singer, choir leader and vocal facilitator based in London and Sussex with a longstanding belief in the power of singing as medicine for mind, body, heart and soul! She has a unique and infectious teaching style, bringing a sweet balance of humour and depth to her workshops. Her warm and playful nature creates a sense of ease and unity, enabling everyone to drop into a space that is both held and free. Her own dance and movement practices naturally inform her leadership style, helping others to achieve a more embodied experience of singing. She collects and teaches songs from different cultures and traditions from around the world, leading harmony singing workshops with people of all ages, abilities and backgrounds to bring out the natural voice and reinforce our innate human ability to make music. Her singing workshops are soul inspiring, heart warming and empowering, creating a sense of euphoria and connection for everyone involved.



You can find more about Sophia at her web site [here](#)

Holidays with Heart at our award-winning, sustainably-run traditional Moroccan Guest House in Taroudant www.Holidays-With-Heart.co.uk

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