



SCHOOL OF MUSIC AND ARTS

Mindfulness & Breathwork (45 min) \$40 pp (2026) | \$60 pp (2027)

Slow down, reconnect, and restore your sense of wellbeing with a guided mindfulness and breath work session designed to reduce stress and promote relaxation.

Voice Discovery (45 min) \$40 pp (2026) | \$60 pp (2027)

Discover the power of your natural voice through speaking or singing. This personalised session focuses on healthy vocal techniques, confidence, and authentic self-expression.

Music Lessons (45 min) \$40 pp (2026) | \$60 pp (2027)

Singing – Guitar – Piano

Always wanted to learn an instrument or improve your musical skills? Enjoy a one-to-one lesson tailored to your experience, whether you're a complete beginner or a more confident musician.