

Holistic VOICE SESSIONS



by
BIANCA ARISTIA
– singer-songwriter,
voice healer

Are you ready to tap into the transformative power of your voice and use it as a tool for spiritual growth and healing?

Join me, Bianca Aristía, on a journey of self-discovery with my holistic voice sessions. As a quarter-finalist on The Voice of Germany and holding a Bachelor's degree in Voice, I bring a wealth of expertise to guide you through the process of unlocking your vocal potential.

I've been channeling my emotions into music for decades as a singer-songwriter and I am here to guide you towards finding your own unique expression through your voice.

This is for you if:

- You seek a deeper connection with your voice and spirit.
 - You want to explore and expand the full range of your vocal abilities.
 - You are interested in integrating mindfulness, meditation, and sound healing into your vocal practice.
 - You aspire to express your deepest emotions and innermost truths through your voice.
 - You are ready to embark on a spiritual journey of self-discovery and healing.
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What to expect:

In each 45-minute session, you will:

- Connect with your breath and body, allowing your voice to flow naturally and effortlessly.
- Explore personalized techniques to enhance your vocal abilities and expression.
- Experience mindfulness practices, meditation, and sound healing to develop a deeper connection with your body, spirit, and the universe.
- Use your voice to release stuck emotions and align with universal vibrations.
- Receive a personal routine design tailored to your unique needs and goals.
- Take home exercises to continue your vocal and spiritual development between sessions.

With my holistic approach, you'll not only learn vocal techniques but also how to use your voice to connect with your divine self and the universal energy that surrounds us. My sessions are designed to provide you with the tools and confidence to harness the power of your voice, creating beautiful music and fostering profound personal growth.



Everything in the universe is vibration, and our voices are powerful tools to align ourselves with these vibrations. By singing, we can release stuck emotions and achieve a deeper state of harmony and healing.

Ready to start your transformational journey?

Sign up for my holistic voice sessions today and discover the incredible potential within you.

Let's sing our way to spiritual and vocal freedom together!



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