



# Vocal Activation Starter Kit

A somatic pathway back to your voice

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with Francie La Flow







# Welcome!

Your voice is your truth. Your power. Your medicine.  
Welcome! I'm so glad you're here.

This Vocal Activation Starter Kit is a gentle invitation to  
reconnect with your voice and yourself.

Inside, you'll find simple practices, supportive music,  
and open invitations to explore your voice with ease.  
This is a beginning.

With love,

*Francie*

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# How to use this Kit

Tune in. Let your intuition guide you.

Begin with the Permission to Sing Meditation.

Return to the Warm-Up Ritual whenever your voice needs care.

Let the Soundscape support expression, rest, or movement.

Go slowly. Pause when needed. Silence is welcome.

and most importantly celebrate your journey!





AWAKEN YOUR VOICE

# Permission to Sing Meditation

"It's not about finding your voice. It's about giving yourself permission to use your voice". -

Kris Carr



[Click here to listen](#)



This meditation invites  
safety, softness, and self-acceptance.

Listen. Breathe. Let your body lead.

Sound is optional.

Your presence is enough.



ACTIVATE YOUR VOICE

# Create Your Vocal Care Ritual

“Practicing an art, no matter how well or badly,  
is a way to make your soul grow.”

— Kurt Vonnegut



[Watch the Video](#)



This warm-up is a gentle way to care for your voice and nervous system.

Return to it whenever you want to awaken sound, soften tension, or reconnect with breath.

Let it be easy.

Let it be enough.



EMPOWER YOUR VOICE

# Awaken Vocal Flow Playlist

“Music expresses that which cannot be said  
and on which it is impossible to be silent.”

— Victor Hugo



Play



This soundscape supports listening, feeling, and expression. Let the music meet you where you are - singing, moving, resting, or simply being with sound.

There's no right way.  
Let sound support you.



# Thank-you!

I'm so excited to free our voices and rise together in healing, joy, and authentic expression.

Thank you for being here.

Even taking this step matters.

Keep listening. Keep exploring.

I'm so glad to be walking with you.

With love



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