

FEB 15TH
1:30 - 2:15

TIPS AND TECHNIQUES
FOR PERFORMING LIVE
OR ON CAMERA

BREATHING AND
MINDFULNESS
TECHNIQUES TO
HELP NERVES



STAGECRAFT & PERFORMANCE

AGE 14+



[CLICK HERE](#)
TO BOOK YOUR PLACE

OR VISIT
[TRADED.ENFIELD.GOV.UK/MUSICSERVICE/CONCERTS](https://traded.enfield.gov.uk/musicservice/concerts)