



Choir: Exeter

Section: Soprano

hard in Practice it is fun in itself, like playing for adults.



What has La La done for you and how has that improved your life?

Joining La La has stretched me and shown me that I can enjoy singing for the sake of singing. Much like the jazz voice workshop I went to last week. Again totally out of my comfort zone, never used to like jazz, let alone sing it. However, we had the most fun, and achieved so much. Going on another one as soon as Sam can organise it!



What made you decide to join La La and what made you stay?

I joined the La la Exeter Choir in January of this year. I have sung all my life: in choirs, doing fancy choral stuff, folk music, rock, blues, Pantomime, but my first love has always been classical music. However, I suppose I had become a little stale with the rigidity of choral music, beautiful though it is, and I knew this would be different. My lovely next door neighbour persuaded me to try Sam's choir - way out of my comfort zone. I felt instantly at home.

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Sam is quite simply the best conductor I have ever sung with, she is talented, enthusiastic, puts the choir first and puts so much energy and gusto into it. More importantly she makes every single singer feel that they can really really sing. So they do! Last night I was sitting next to a retired lady who had never sung in a choir before, but was clearly loving it.



What do you feel makes La La different from other choirs?

My previous experience with choirs is that most of the practicing is hard work and the real enjoyment comes with the performance – making a wonderful sound with, sometimes, hundreds of other people. La La is different. Although we work

Quotes

Why singing is good for you:

'singing is like an infusion of the perfect tranquilizer, the kind that both soothes your nerves and elevates your spirits.'

'It's also an aerobic activity, meaning it gets more oxygen into the blood for better circulation, which tends to promote a good mood. And singing necessitates deep breathing, another anxiety reducer'

'pioneering study has found that the human brain has a dedicated set of nerve cells that respond only to the sound of music'

'Singing accurately is a skill that can be taught and developed. And that means that even the worst singers among us should just keep singing.'

Next Steps

Why don't you give La La Choirs a go:

We rehearse in Plymouth, Exeter, Exmouth and Ottery St Mary. Find out more information about times and dates online at www.lalachoires.co.uk or contact Sam on sam@lalachoires.co.uk

The first session is always free so come and try it – you won't look back!