



WILD MAN CHOIR

A HALF-DAY WORKSHOP FOR MEN. BREATH, VOICE, CIRCLE, SONG.

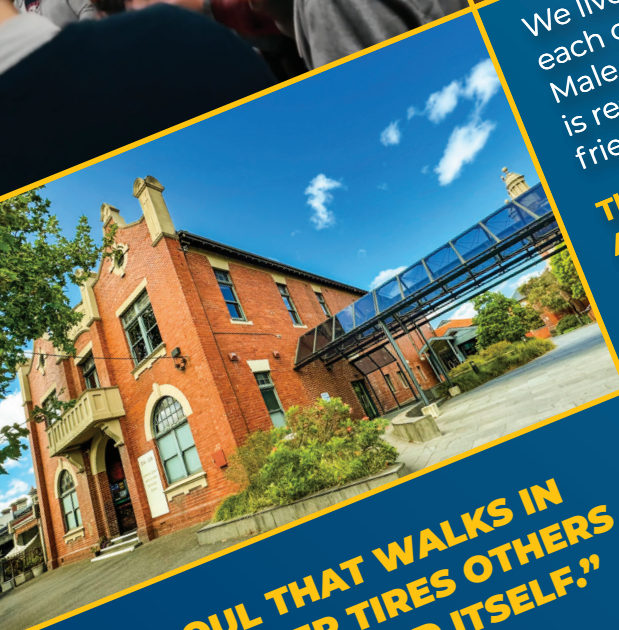


We live in a time where men are increasingly disconnected — from each other, from their bodies, from what they actually care about. Male suicide stats remain bleaker than ever. The loneliness epidemic is real, and the cost shows up everywhere — in our families, our friendships, our communities.

This workshop is one small, practical answer to a big problem. A room full of men, standing shoulder-to-shoulder, breathing and singing together.

This is for brothers, sons, fathers, uncles. For men ready to show up — for themselves, their families, their communities, and the values they care about. And to take action to protect and nurture all of it.

- ◆ No performance.
- ◆ No audience.
- ◆ No one gets put on the spot.
- ◆ Just men in a room using their voices the way they were always meant to be.



“THE SOUL THAT WALKS IN LOVE NEITHER TIRES OTHERS NOR GROWS TIRED ITSELF.”

— St John of the Cross



SATURDAY 13 JUNE 2026
11.00am – 3.00pm

FACILITATED BY DINGO SPENDER

Twice ARIA-nominated singer-songwriter, one half of Mama Kin Spender, breath facilitator, and creator of The Wild Man Choir.

The Carmelite Centre
214 Richardson Street
Middle Park VIC 3206



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