

Kara Johnstad

is known as a Voice-Visionary, Singer-Songwriter and Mentor to Voices Changing Our World. She is available for voice events, keynote talks, personal coaching and workshops. As a top voice expert Kara has helped thousands with her "breakthrough" voice techniques to open their voices in a record amount of time, and shares with us the secrets behind this powerful instrument.



Spreading love, healing and joy, inner peace and beauty through the power of words, music and voice.

Kara Johnstad is a storyteller, lover of words and symbols and gifted sound healer. Kara works through sound resonance to open our hearts and voices.

A singer, composer and voice expert, Kara's life's work is an ongoing inquiry into the Sacred Mystery. In 2009 she had a powerful spiritual awakening that redefined her path. She immediately dropped all projects that were not in alignment with the messages she had been given and put her focus 100 percent on her original compositions and writings and transforming our world through the power of voice.

Kara Johnstad is available for keynote concerts, private coaching sessions in person and online, workshops and for interviews focused on the profound influence our voice has in changing our personal life and world for the better.

An advocate for change in ways that heighten the human spirit, Kara is founder of Voice Your Essence™, a lifestyle community and home to her over 100 published songs, 5 albums, voice empowerment training programs, podcasts, articles and sheet music. Her published work includes the anthems, Message of Hope, Love Never Fails and Thank You.

Kara's mission is to help our world understand the role our voice plays in fine tuning our body-mind-spirit system. At this time in the evolution of mankind, we need the messages of creative conscious leaders and agents of change to be heard. Awaken your voice to live your essence, truth and beauty. Kara's 'Voice Your Essence™' programs empower and transform you as a conscious independent creative, reconnect you to your voice as the missing link to personal power, authenticity and presence.

The Voice Your Essence™ lifestyle & coaching company is committed to growth and empowerment of spiritual leaders, luminaries, creative conscious entrepreneurs and

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independent artists who sense that their voice is the missing link to personal power, authenticity and presence.

Reclaim Your Voice. Transform Your Life.

Kara's ['Voice Your Essence™' programs](#) empower and transform you as a conscious independent creative, reconnect you to your voice as the missing link to personal power, authenticity and presence. Awaken your voice to live your essence, truth and beauty.

Kara has lectured at the prestigious University of Music in Berlin "Hanns Eisler" as a member of the voice faculty, teaches at the University of Popular Arts and the Landesmusikakademie in Berlin and runs a successful private voice studio since 1985. She has performed on all five continents and holds masterclasses and workshops internationally.

BIOGRAPHY



American singer-songwriter Kara Johnstad has lived in Berlin, Germany since the 1980's. Kara has an outstanding reputation as a world class performer, recording artist and producer. Her performances on five continents have left fans breathless and the media eager to offer their praise.

During the 1980's while still in her early twenties, Kara Johnstad was signed to the record label RCA. In total, including her record with RCA Kara Johnstad has written, recorded and produced a total of six albums and she has three current albums at various stages of production, the

Jazz album, Le Grand Love, a tribute to the music of French composer Michel Legrand, who is fan of Kara's vocals, the classically orchestrated, Moon In Capricorn which is being recorded in Rome with a 70 head live symphony orchestra and which represents Kara's unique song writing skills, from New Age to Pop to Jazz and the soon to be recorded unplugged Naked Thoughts album, which will be comprised of a mixture of Pop and Adult Contemporary songs. With the exception of the Legrand project, all of Kara Johnstad's music is comprised of original material and she owns 100% of the publishing and performance rights to her music.

Kara Johnstad's music is played on FM and professional internet radio stations worldwide and has charted exceptionally well in Europe, so much so, that recently she decided to re-release Paths X (pronounced Cross) and Pages of Sand to the North American market where the albums have been well received.

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When Kara doesn't showcase one of her solo concerts, her band consists of world class musicians; percussionist Rhani Krija (Sting), cellist Stephan Braun (Melody Gardot) and renowned German pianist and musical director Rolf Zielke.

Kara Johnstad's team revolves around Craig Urquhart (New York City), the former personal assistant to Leonard Bernstein, Vice President of the Leonard Bernstein Organization, Fabrizio Pigliucci (Rome) one of the foremost Italian film composers, arrangers and orchestrators, Laura Lungu (Rome), the executive director of the Concertissimo Orchestra, and the amazing sound engineer Fabio Ferri (Rome).



YOGA VOICE BERLIN

An avid yogi, Kara practices Forrest Yoga and is co-founder of Yoga Voice Berlin, which offers Forrest Yoga and 360 degree voice empowerment programs serving the Berlin Community. It is also home to the [Voice Your Essence Choir](#) dedicated to raising the frequency of our planet through music and voice.

Originally from the United States, Kara currently lives in Berlin, Germany with her husband and daughter, her golden retriever named Beau and two blue russian cats named Shai and Sage.

Kara provides advice and breakthrough techniques and other resources to over 2500 subscribers from around the world via her Voice Your Essence eZine and her weekly Voice Your Essence podcast.

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