

Who is the Workshop for?

EVERYONE seeking a new vision of singing who longs to free their voice so they can sing expressively and confidently in a way that includes their whole body, imagination and soul.

There will be something for everyone, with teaching designed to meet the needs of people with all levels of vocal ability, from:

- ◆ SINGERS & VOICE TEACHERS wanting to make new discoveries about i) the relationship between the voice and the body, ii) voice movement techniques
- ◆ CHOIR SINGERS who want to explore the role of movement in choral rehearsals to ◆ 'UNCERTAIN SINGERS' yearning to 'Sing Freedom'.

You will find the sessions will be inspiring, informative and strongly practical - and will also benefit your sense of well-being.

A BOOKSHOP OF RESOURCES linked to the workshop theme will be available.

Workshop Leader

Michael Deason-Barrow - Director of Tonalis - is a master singing teacher and an inspirational choir trainer, who runs voice courses all over the world. He has a wide background as a performer and regularly gives voice masterclasses in music conservatoires on the one hand, whilst working with community choirs and singing therapy on the other. He is an expert on World Singing styles and the relationship between Alexander Technique and the voice. Michael is recognised for being that rare exponent of music, an expert with a universal attitude.

FEES: £74 (for booking by March 1st) **£80** (by April 1st) **£85** (thereafter)

Concessions: £68 for students, OAPs, & people on income support by **March 15th**.

Couples/Partners & Group Bookings (3+): £65/ £70/ £75 (see date deadlines above)

Times: 10am - 6pm Saturday 10am - 5pm Sunday

Meals: Bring & Share Lunches or local cafés. Tea & Coffee will be provided.

A Registration Letter incl. travel directions will be sent on receipt of your application.

TONALIS, 4 Castle Farm Close, Leighterton, GLOS, GL8 8UY

APPLICATION FORM - 'The Moving Voice'

Please complete & send to the above address with your cheque payable to - 'Tonalis.'

Name: _____ email: _____

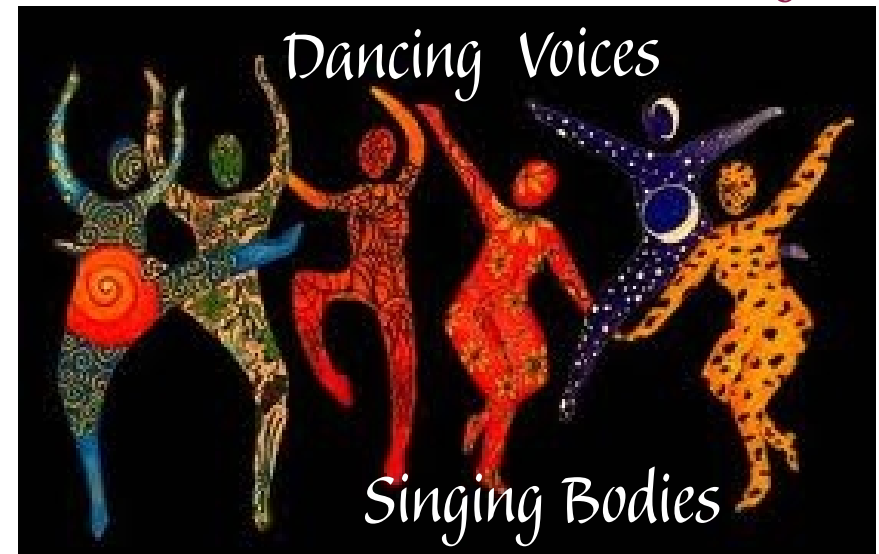
Address: _____

Postcode: _____

Telephone: _____ Mobile: _____

The Moving Voice

Explore the Relationship Between
the Voice and the Whole Body



- ◆ Discover how Movement can Free Your Voice and
- ◆ Explore Inspiring Voice Movement Techniques

Tonalis

*"Michael Deason-Barrow is one of the finest voice coaches in the world."
Mikal Nielsen - author of 'The Heart of Your Voice, You too can Sing!'*

Led by Michael Deason-Barrow

28 - 29 APRIL 2012

VENUE - Ringwood Steiner School, HANTS.
Enquiries: Tel: 01666-890460 / info@tonalismusic.co.uk

'BEHIND EVERY MOVING VOICE IS A DANCING BODY.'

(J.WRIGHT)

- ALL MUSIC BEGINS WITH MOVEMENT (whether breathing to sing, or lifting the arm to drum)
We even talk of 'MOVING PERFORMANCES',
or of how someone's singing was 'UPLIFTING'.

Singing in the 21st Century is now opening up to a new understanding of the relationship between the voice and the whole body.

This means that working on our voice should involve much more than just working on our vocal organism (e.g. the larynx).

'The Moving Voice' offers you a practical and inspiring guide to the ways in which movement can

- HELP YOU RELEASE YOUR VOICES
- ENABLE EXPRESSIVE & ARTISTIC SINGING OF SONGS & CHORAL MUSIC TO COME ABOUT.

It will be an experiential journey into 'VOICE MOVEMENT TECHNIQUES' that you will find are

- full of creative imagination, as well as being
- based on firm scientific foundations and a deep knowledge of anatomy.

N.B. All Tonalis Body-Mind-Voicework is inspired by:

- ALEXANDER TECHNIQUE • VOICE MOVEMENT THERAPY • GESTURE IN DRAMA
- DALCROZE EURHYTHMICS • STEINER'S EURYTHMY & • LABAN MOVEMENT.

TESTIMONIALS - What the Professionals Say

Michael Deason-Barrow can take you to new places and give you new experiences in singing which will change your life. He has the knack to open people's minds to enable them to make music in ways they never thought possible.

MIKE BREWER OBE - Author of 'Fine Tune Your Choir' & 'Choral Warm-ups'

Michael's course was an unparalleled vibrant, holistic weaving together of physical, cultural, artistic and spiritual 'vocal' threads; led by a performer and teacher of the highest musical and vocal prowess. This approach is essential for amateurs, students and professionals alike.

MARTYN HILL - Professor of Singing, Trinity College of Music, London

KEY THEMES THE WORKSHOP WILL EXPLORE

Voice Movement Techniques

- Explore All the Key Components of Voicework using VOICE MOVEMENT TECHNIQUES with intriguing names, such as
- Up and Over • Linguini Pull • Breath Kneading • Ice Skater & • Airing the Quilt.
- These Voice Movement exercises will help you:*
- ◆ Develop the freedom of your BREATHING
 - ◆ Expand the RANGE and DYNAMICS of your Voice
 - ◆ Enliven your RESONANCE and the palette of your VOCAL COLOURS
 - ◆ OPEN YOUR THROAT and FREE THE LARYNX from harmful constrictions
 - ◆ Explore how each CONSONANT and VOWEL is like a different instrument
 - ◆ Free your TONGUE, LIPS & JAW from any tensions that interfere with your voice.

> Idiokinesis: Images of the Body and the Voice in Motion

Come and learn about Idiokinesis. This is a psycho-physical method through which specific kinaesthetic images of the body in motion and particular gestures are used in connection with singing to stimulate appropriate bodily change and help free the voice.

> The Alexander Technique: The Wisdom of the Body in Singing

Many people think their voice is unfree, when in fact it is tensions in their body that are leading to their limited voice use. To work with this, we will explore insights from the Alexander Technique to help you release the physical habits and inappropriate muscular usage which interfere with the natural co-ordination of your voices and breathing.

> Eurythmy as Visible Song

Discover how the whole body can be experienced as an instrument and organ of listening. In particular, investigate how each vowel and consonant:

- gives rise to unique gestures, and
- is connected to our energetic system and to different parts of our body.

> Sounds in Space - Sounds in Movement

On this workshop you will have the exciting opportunity to experience a unique approach to music Tonalis is famous for, where we take the musical architecture of a composition and

- transpose it into a movement form (e.g. explore how to choreograph a 'Round')
- or ii) enhance it through the spatial placement and movement of singers.

Glorious music will thus be heard coming from above, behind, below and in front.

Also explore how movement, gesture, drama and dance can help you gain insights into the inner life of the music you are singing by experiencing it kinaesthetically.