

Who is the Workshop for?

THE HEALING VOICE

offers you an opportunity to experience a unique and dynamic approach to singing therapy. It is for all those people who want to rediscover the power of singing as a healing force.

On a vocational level it will particularly be valuable for

- Music & Voice Therapists • Health Professionals • Curative Workers & • Singing Teachers.

It is appropriate for people with all levels of vocal and musical experience. You will find Michael will create a safe and supportive environment for everyone to freely explore their voices.

The sessions will be informative, health giving and practical, and will offer plenty of inspiration to encourage a deeper awareness of the healing properties of the voice.

- A Bookshop of Resources related to 'The Healing Voice' will be available.

Workshop Leader

Michael Deason-Barrow (GRSM, ARCM) - Director of Tonalis Music Centre - is a master singing teacher who runs courses all over the world connected to Holistic Singing (as well as giving voice masterclasses in music conservatoires). His training students often refer to him as the 'voice doctor' in connection with the therapeutic aspects he brings to voicework.

Testimonial

'As a music therapist I am impressed at the sensitive and original investigation Tonalis gives to music. Its perspective is important for anyone concerned with the therapeutic use of music.'

DR. GARY ANSDELL - HEAD OF RESEARCH AT NORDOFF-ROBBINS MUSIC THERAPY CENTRE

Discounted Fees: £80 (for booking by Aug. 15) **£85** (by Sept. 15) **£90** (thereafter)

Concessions: £70 for practising music therapists, OAPs, full-time students and people on income support, when booked with evidence by Sept. 1st.

Work Scholarship Fee: £60 1 Work Scholarship is available to students & the unwaged.

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 Healing Voice

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

Name: _____

Address: _____

Postcode: _____

Tel: _____ **email:** _____

THE HEALING VOICE

Discover the Power of Singing
as a Healing Force



Explore New Paradigms in the Emerging Field of
HOLISTIC SINGING THERAPY
& How Singing can address the Whole Human Being:
Body, Mind, Soul & Spirit

Tonalis

Workshop Leader: Michael Deason-Barrow

16th - 17th October 2010

VENUE - PEREDUR CENTRE, EAST GRINSTEAD, WEST SUSSEX

Enquiries: Tel: 01666-890460 / info@tonalismusic.co.uk

*"All Deep Things Are Song.
It seems somehow the very central essence of us."* (T. Carlyle)

THIS WORKSHOP WILL EXPLORE:

☉ HOW TO DISCOVER THE POWER OF SINGING
to Heal and Bring Harmony into Our Own and Other's Lives

☉ NEW PARADIGMS IN THE EMERGING FIELD OF SINGING THERAPY
in an Exciting Marriage of Spiritual, Cross-cultural and Scientific Perspectives.

Singing is a great therapy and utterly life enhancing.

Singing brings us:

PHYSICAL, EMOTIONAL, PSYCHOLOGICAL and SPIRITUAL benefits.

e.g. It can oxygenate us and help transform disabling illnesses.

It can also improve our emotional well-being and relieve stress levels, etc.

Thus it is not without good reason that we speak of 'SINGING THE BLUES AWAY'.

OUR VOICE IS ALSO:

- the sounding board of our soul and our primary medium of communication
- a bridge between expressing our inner world and the outer world of relationship.

For thousands of years singing has been an integral part of healing in cultures all over the world, from mothers instinctively singing lullabies to soothe their children, to shamans using the power of the voice in healing rituals, to monks chanting sacred mantras.

Ancient myths testify how sound was the means by which the physical world was created as vibration permeates everything. Consider, for instance, how sound can call matter to order or dissolve it (e.g. a soprano's high notes breaking a wine glass).

Sung tone also vibrates through our whole being. It can stimulate the healing energies of our life forces to bring into movement any blocked energies that cause imbalance or illness. Thus our voices can effect physiological changes by resonating our bodies like a massage that tones us from the inside. Knowing this, it is not surprising that in earlier times people were prescribed healing chants instead of pills - unlike today! In the West, however, therapeutic uses of the voice have largely been forgotten - until recently.

Singing - as the myth of Orpheus shows us can also bring light into our underworld and can act as an intermediary between our physical, emotional and spiritual being. However, its expressive and communicatory powers can be impaired by psychological and emotional tensions in our lives. Yet just because of this connection of our voice and our self, singing can be used as a healing medium.

'Let me hear his voice that I may know him' (Socrates)

Key Themes for Practical Exploration

Tuning Our Primary Instrument - Our Self

On this workshop you will have the opportunity to explore the relationship between THE VOICE and THE SELF and awaken an awareness of what is 'HEALTHY' singing.

HOLISTIC SINGING THERAPY takes into account the role of the 'inner singer' in each of us and recognises the inter-dependance of our body, mind, spirit and emotions.

Thus singing can specifically address:

- OUR PHYSICAL BEING • OUR SOUL LIFE, and • OUR SPIRITUAL LIFE,
I.E. HOW THE WHOLE HUMAN BEING CAN BE BROUGHT INTO SOUNDING.

We will explore how each aspect of our voice has within it specific transformative powers, e.g.

- how the RANGE of our voice connects to the way we can reach our 'heights and depths'
- " " RESONANCE/COLOUR of our voice connects to 'brightness and darkness' in our lives
- " " REGISTERS of our voice connects to issues of 'masculine vs. feminine', etc.
- " " PHONATION of our voice connects to qualities of 'empathy and assertiveness'
- " " DYNAMICS of our voice connects to issues of 'loudness and quietness' in our being.

We will also explore V.Werbeck's therapeutic pathway of singing.

The Inspiration of Life - Therapeutic Breathing

The patterns and rhythms of our breathing are deeply connected with our life. (Witness our breathing when we laugh or cry, or the use of sayings such as 'breathing fresh life into somebody'.) To counter today's tendency for breathing to be shallow, restricted and held, this workshop will explore breathing as an act of creating openness and space inside ourselves.

The Healing Power of Vowels and Consonants

Each consonant and each vowel is like a different instrument which has its own unique energetic power, therapeutic properties and soul moods. So come and explore:

- how each vowel opens up different qualities in us and relates to different parts of our body
- how each consonant relates to the archetypal '4 Elements' of earth, air, fire and water.

Global Voices & Song of the Spirit - Healing Perspectives

Singing is an integral part of healing in cultures all over the world today.

We will explore the healing power of singing in different vocal and musical styles, e.g.:
• *Primordial Traditions* (e.g. *Native American Chant*) • *Heartfelt Georgian and Hebrew singing* • *The bright light voicings of Bulgarian and Sardinian music.*

Also sacred singing - from Gregorian Chant to Arvo Pärt - is once again being recognised as a healing, spiritual force. So come and sing inspirational uplifting music that will bring about peace, joy, yearning and transformation, as well as spiritual depths and heights.