

# Holistic Voice

Sing with the Whole Human Being  
Body Mind Soul Spirit



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Sing in a Glorious Range of Vocal and Musical Styles  
Expand the Borders of Your Voice

## Tonalis

Course Leader: Michael Deason-Barrow

17th - 21st JULY '10

VENUE - Tonalis Music Centre, Stroud, GLOS  
Enquiries: Tel: 01666-890460 / [info@tonalismusic.co.uk](mailto:info@tonalismusic.co.uk)

*Would you like to:*

- Expand the borders of your voice?
- Experience how particular musical genres open up different resonance centres of your voice?
- Discover how your voice is like a whole orchestra of colours, rather than a single instrument capable of singing in only one style?

## 'HOLISTIC VOICE'

will explore all aspects of voicework,  
and will offer you a NEW UPLIFTING HOLISTIC VISION OF SINGING  
designed to promote vocal freedom & creativity in a supportive environment.

Our voice is a

- Physical • Psychological • Emotional • Spiritual and • Musical Phenomenon  
and is linked with - and sounds - our Body, Mind, Soul and Spirit.  
Learning to sing is therefore more than just a matter of working on the voice alone.  
Consequently, you will find Tonalis' approach to voicework is truly holistic  
and encompasses the singer in all aspects of his/her being.

This course offers you the exciting opportunity  
to extend your voicework into a multi-dimensional practice that includes:

- Cross-cultural Voicings (e.g. from World to Classical Voices, etc.)
  - Metaphysical and • Therapeutic Perspectives
- Body-Mind-Voice approaches (e.g. Alexander Technique)
- and • Improvisation to bring Creative Imagination into Singing.

Above all, come and learn how specific vocal and musical idioms  
call for us to sing with our

- HEART and SOUL (e.g. *Gospel, Indian Ragas & 19<sup>th</sup> Century Romantic Music*)
- HEAD resonance and THOUGHTFULNESS (e.g. *Mozart and Tallis*)
- HIGHER SELF and SPIRIT (e.g. *Gregorian Chant and Arvo Pärt*)
  - PRIMAL & ECSTATIC SELF (e.g. *Native American*)
    - LIFE/SUBTLE BODY (e.g. *Irish Sean Nós*)
    - EMBODIED VOICE (e.g. *Inuit Chanting*).

So come and explore our new ideas about singing  
so that those elements which live in you as potential at present  
are enabled to come to expression and abundance in the future.

# Sing and Make Music with the Whole Human Being

## Expand the Borders of Singing

### Open Doors into a wonderful array of Vocal and Musical Styles

Today a vast array of amazing different vocal and musical styles are sounding out from the well-springs of world, early and contemporary musics - from Bulgarian women, Tibetan Chant and Björk, to Emma Kirkby, Pavarotti and Billie Holiday, etc..

These voices show that the full possibilities of the voice are not revealed in any one singing style. In fact each voice style selects specific variables from the total range of 'the whole voice'.

Our SINGING ADVENTURE will therefore go into the voice in its broadest sense, *guided by Michael D-Barrow, who is one of the world's leading authorities on voice styles.*

*It will reveal*

i) the Infinite Possibilities of the Voice

ii) how you can Create Different Voice Colours and Qualities

through a practical exploration of the voices of:

◆ WESTERN STYLES (e.g. Early & Classical Musics)

◆ CONTEMPORARY EXTENDED VOICINGS

◆ WORLD VOICES (from • the bright resonance of Bulgarian Voices to • the warm open throated pharyngeal resonance of Georgian singing, etc.).

Through exploring all these styles you will learn to bring all the flexibility and creativity of the full range of vocal colours into your singing, rather than just using a mono-chromatic timbre (i.e. one sound for all styles of music).

## A Festival of Choral Singing from Around the World

At the end of each day we will celebrate the unique ways people weave their voices together in part-singing from all over the world, e.g.:

- Drones (Bulgaria)
- Overlap and Echoes (Tonga)
- Heterophony (Hebrides)
- Ostinati (Estonia)
- Call and Response (Africa)
- Parallel Chords (Russia & Georgia)
- Polyphony (Renaissance)
- Multi-layered Interlocking Rhythmic Chants (Bali)

You will find this is Unforgettable, Life Enhancing Music  
that will Inspire and Transform  
and stretch the boundaries of your musical imaginations.

# Sing Freedom

This course will help you develop the freedom and expressivity of your singing. To achieve this we will explore with you all the core elements of singing technique (to which Tonalis brings informed and enriching new viewpoints),

*including how to:*

- ◆ 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 any constrictions
- ◆ Explore how each CONSONANT and VOWEL has unique moods and gestures
- ◆ Free your TONGUE, LIPS & JAW from any tensions that interfere with your voice.

## The Imaginative Voice - Creativity in Voicework

A key feature of the Tonalis approach to voicework is centred on the way we bring creative imagination, spontaneity, flexibility and soulful expression into vocal development through the use of IMPROVISATION to help you unlock your full array of vocal responses.

Also explore an amazing array of CHORAL IMPROVISATIONS with intriguing names such as *'the United Nations', 'Tone Journey' and 'Don't Drop the Drone'*.

## 'Behind every Moving Voice is a Dancing Body.' (J.Wright)

Because our voice is connected to our whole body - not just the vocal organs - and because sounds are movements - this course offers you an inspiring guide to 'voice movement techniques' that will help you make clear kinaesthetic links to your voices.

## Bring Metaphysical Dimensions into Singing

Whilst there are new singing pedagogies in evidence today that bring physical, psychological, global, stylistic and science-based perspectives into voicework, what is hardly present is a pathway that brings a spiritual understanding of the voice into singing. To go into this theme we will explore V.Werbeck's deep work on more subtle aspects of singing.

## Songs of Courage and Hope

On this course Michael will help you remove any inhibitions which block access to the vocal potential you each have and establish an atmosphere of safety for you to move your voices from inside to outside without being stopped by the inner critics that often silence us.

To help with this Michael will introduce you to:

**FREEDOM SONGS FROM SOUTH AFRICAN & AFRICAN-AMERICAN SOURCES.**

These songs not only sound cultural journeys from slavery to freedom, but also help in liberating our own singing voices from imprisonment.

## Who is the Course For?

*This course is for all vocal and music explorers who are passionate about singing, and who want to go deeper into singing and expand the borders of their voices. It will meet the needs of all those who are searching for new holistic ways of singing, from amateurs and re-starters, to confident singers and voice professionals.*

'Holistic Voice' offers you the opportunity to experience a unique, dynamic and positive alternative to traditional models of voice education. You will find all Tonalis' work is strongly practical and informed by all the latest research into singing, as well as being uplifting, joyful and life enhancing. In addition, participants tell us how much Tonalis' voice courses benefit their sense of well-being.

- Optional INDIVIDUAL SINGING LESSONS will be available for a small additional fee.
- A BOOKSHOP OF RESOURCES related to the course theme will be on display.

## Testimonials

*'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!'*

What is unique about Michael's work is his success in building bridges between styles and choral traditions. He has the knack to open people's minds to enable them to make music in ways they never thought possible. Michael can take you to new places and give you new experiences in singing which will change your life.

*Mike Brewer, OBE, Director of the National Youth Choir of Great Britain  
author of 'Kick Start Your Choir', 'Fine Tune Your Choir' & 'Choral Warm-Ups'*

Michael Deason-Barrow offers a new paradigm to voice work. His course was an unparalleled vibrant, holistic weaving together of physical, cultural, artistic and spiritual 'vocal' threads; led by an artist, performer and teacher of the highest musical and vocal prowess and integrity. This approach is equally essential for the amateur, student and professional alike.

*Martyn Hill - Professor of Singing, Trinity College of Music, London*

## Contributors

*Michael Deason-Barrow (GRSM, ARCM) - Director of the Tonalis Music Centre - is a master singing teacher and an inspirational choir trainer. He runs courses all over the world connected to holistic singing and leads a 'Foundation Training' in this field. He regularly gives voice master classes in conservatoires and in-service days for choirs on the one hand, whilst working with community choirs and children's groups on the other. Thus he is recognised for being that rare exponent - an expert with a universal attitude.*

*Pia Poulsen is a Singing Teacher, Voice Therapist and a Tonalis teacher. On this course she will lead some of the Uncovering the Voice sessions and offer individual singing lessons.*

## Venue

Tonalis Music Centre is housed in the 'Centre for Science and Art' in Stroud (Glos.). Stroud is a lively old mill town situated in the midst of the beautiful Cotswold countryside.

# APPLICATION FORM - Holistic Voice

Please complete and send with a non-refundable £40 Deposit/ Admin.fee payable to 'Tonalis' at:-  
4 Castle Farm Close, Leighterton, Glos. GL8 8UY, England.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ email \_\_\_\_\_

Do you require accommodation? Yes  No

If yes:  Room with local family  Local B&B

*(N.B. Own transport may be necessary for the above)*

*A list of hosts and Local B&Bs will be sent to you.*

Do you have any special needs? \_\_\_\_\_

Relevant background? \_\_\_\_\_

Meals (lunches & suppers) are available at local cafés.

Times: The course begins at 12 noon on July 17th and ends at 4:00pm on July 21st.

*(N.B. There is an evening session (7:30 - 9:00pm) on the 1st day)*

Travel Information and Registration Times etc. will be sent on receipt  
*of the Application Form and Deposit.*



## FEES

**Tuition Fees:** £200 (until May 15th)    £215 (until June 20th)    £225 (thereafter)

**£10 off the above fees** for Previous Participants of Tonalis '5-Day+' Courses and 'Friends of Tonalis'.

**£30 off the above fees** for Couples, Full-time Students & People on Income Support (with evidence)

**Work Scholarship Fee = £140** A LIMITED number of Work Scholarships are available to students & the unwaged. (Please check availability & apply with evidence.)

**Accommodation:** Room with local family or Local B&B

(Local family hosts ask for approx. £20/night, including Breakfast)

***Places are limited so Early Booking is essential.***