

Who is the Workshop for?

EVERYONE who longs to Free their Voice so they can sing expressively and confidently in a way that includes the 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 and musical ability.

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 the Tonalis Music Centre - is a master singing teacher and an inspirational choir trainer, who runs holistic voice courses all over the world. He regularly gives voice master classes in music conservatoires on the one hand, whilst working with community choirs, children's groups, uncertain singers and singing therapy on the other. He is recognised for being that rare exponent of music, an expert with a universal attitude.

Testimonial

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 a performer and teacher of the highest musical and vocal prowess.

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

FEES: £74 (for booking by March 1st) **£78** (by April 1st) **£84** (thereafter)

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

Saturday Attendance Only: £48

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

Lunches: Soup & Bread for both days £7 (please pay when booking), or BYO

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

Marilyn Edwards, Wicken Hill Farm, Heights Rd., Hebden Bridge, W.Yorks

APPLICATION FORM - 'Sing with Your Whole Voice'

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

Name: _____ email: _____

Address: _____

Postcode: _____

Telephone: _____ I would like soup & bread

Mobile: _____ for both lunches

Sing with Your Whole Voice

Explore the 4 ELEMENTS in Singing



Discover a New Uplifting Vision of Singing

Express more of Your Whole Self & Reclaim Your Whole Voice

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

25th - 26th APRIL 2015

VENUE - St.John's Centre, Cragg Vale, Hebden Bridge, W.YORKS

Enquiries: Tel. 01422-885249 info@tonalismusic.co.uk

Sing with Your Whole Voice

offers you a NEW UPLIFTING HOLISTIC VISION OF SINGING which encompasses the singer in all aspects of his/her being, and will promote your vocal freedom in a supportive environment.

Singing is not just about the voice - IT'S ABOUT LIFE.

Given the pivotal role our voices play in our lives, don't you find it surprising how little attention we give to them?

What this workshop will demonstrate to you is:

- **how changing aspects of your voice can spark other positive changes in your lives.**

So as you begin to welcome new sounds into your voice on this weekend you'll find how it brings many NEW GIFTS with it.

Above all, this workshop offers you the chance to express more of
YOUR WHOLE SELF
through reclaiming
YOUR WHOLE VOICE
with all its accompanying array of vocal colours.

So what you'll learn here is how to broaden your palette of sounds so that you can sing low and high, soft and loud, with depth and soaring brightness and with greater soulfulness.

Many people tell me that how they use their voices is something they cannot change. But the voice you have right now can be changed!

Typically our voice is influenced by our culture and our language. We also often have restrictive holding patterns in our bodies that negatively influence our voices. Just as significantly, we sometimes suppress parts of our voice as the result of events that have occurred in our lives. So whether its,

'keep a stiff upper lip', 'children should be seen not heard', or 'big boys don't cry'
- they all negatively affect not just our voice, but our lives.

So opening up to your FULL VOICE on this workshop will also mean reclaiming what I call 'THE BOOK OF LOST VOICES'.

In particular, we'll explore how using the framework of the ancient system known as 'THE 4 ELEMENTS' (i.e. EARTH, AIR, FIRE AND WATER) can help you access these qualities and vocal resources so that you can put them to work in both your life and your music making.

The 4 Elements in Singing

Come and explore the 4 elements in singing in the following ways.

Discover:

- WHERE IN THE BODY you can find a special connection to each of these elements
- THE THERAPEUTIC USES of the 4 elements in the voice, i.e. we'll explore how:
the EARTH VOICE brings authority, grounding and stability
the WATER VOICE brings empathy
the AIR VOICE brings inspiration and a sense of spiritual presence, and
the FIRE VOICE brings passion and vitality to your life. (N.B. This fire voice is also linked to bright resonance that brings focus and clarity.)
- Also we'll explore how the element of space in singing brings about a new sensitivity to the 'space' between I and You. (Stanislavsky called this '3rd circle singing'.)

Key Themes We'll Practically Explore

For each of the 4 Elements we'll explore:

- VOICE EXERCISES and IMPROVISATIONS created by Michael Deason-Barrow to help you access these elements
- INSPIRING SONGS THAT EMBODY EACH OF THE 4 ELEMENTS which will encourage you to tap into different parts of your self, including a Native American invocation of the 4 elements, 'Can You Be Like an Eagle'. N.B. We'll also accompany some of these songs with instruments that embody the 4 elements.
- how toning SPECIFIC VOWELS and CONSONANTS connects you with each element.

Along the way you'll meet and voice a cast of extraordinary vocal characters, from the fiery preacher and a Maori warrior doing the haka chant ('ha' = breath and 'ka' = fire) to Marilyn Monroe, the storyteller's voicing of 'once upon a time', the wicked witch of the West and Bluegrass singers.

To further inspire you, we'll also check out recordings of singers who manifest these qualities, from Enja (air) and Bulgarian women (fire), to Cesoria Evorra (earth), Ella Fitzgerald (water), and Pavarotti (fire & bright resonance).

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

Above all, I can promise that with each session of the workshop you'll hear wonderful changes taking place in your voice.