

# Voice Mysteries

Sing with the Whole Human Being  
Body Mind Soul Spirit



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Healing Cross-cultural Creative Artistic  
A New Holistic Vision of Voicework

## Singing from a Deeper Place

### *Tonalis*

Course Leader: Michael Deason-Barrow

25th - 30th JULY '09

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

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

Would you like to gain a deeper understanding of the *Mysteries* that lie at the heart of singing and form a new relationship with the singer in you?

We believe the time has come to consider alternative voice teaching practices that offer a more holistic approach to voice education through viewing it as a multi-dimensional practice that includes:

- Cross-cultural Voicings
- Metaphysical Perspectives
- The Practice of Deep Listening
- Therapeutic and Healing aspects
- Awareness of our Body as an Instrument
- New means to Transform Performance Anxiety
- and • Improvisation to bring Creative Imagination into Singing.

The art of singing is clearly more than a matter of just working with the voice alone and singing songs. Our voice is the result of a living system that is linked with the health of our body, mind, soul and spirit. Consequently, Tonalis' voicework includes both physical and non-physical dimensions of singing, as well as artistic, scientific and spiritual perspectives.

We will therefore explore with you how the whole human being - body, mind, soul and spirit - can be brought into sounding, through investigating, for instance, how some vocal and musical idioms call for the voice to work in a very embodied way, whilst others call for it to sound our soul, and yet others ask for it to be in-spirited. Consequently, you will find our voice education is truly holistic and all about creating balance.

Just as significantly, we view singing as a way of coming to self knowledge. Thus our work is based on helping you to call upon your own inner resources (i.e. an inside-out approach), as opposed to being overly dependant on a teacher's instructions (i.e. an outside-in approach).

The course will also ask, 'what is the value of learning to sing in the world today?'

In response to this question, we will explore with you how singing can serve

• healing • creating community • spiritual striving and • our psychological well-being, as well as in • concert giving and • children's education - which are its more well known roles.

This course will not only develop confidence in your singing, but will also benefit your whole sense of well-being.

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

# Key Themes

## Sing Freedom and the In-spirited Breath

On this course you will have the opportunity to explore all the well-known components of singing - (e.g. breathwork, range, resonance and phonation, etc.) - but you will find we bring alternative viewpoints to each of these components as a way of renewing, informing and enriching voice education. (e.g. We will explore the '*smiling breath*' and the '*spacious breath*' - namely how breathing can be an 'ACT OF OPENING', rather than a 'process of taking'.)

## 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:

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

## Bring a Spiritual Dimension into Singing

In many legends the sky hangs so close to the earth that it is possible to come and go between them on a golden thread of tone. Whilst there are a number of new singing pedagogies today that bring physical, emotional, psychological, global, stylistic and science-based perspectives into singing, 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 profound pathway for working with more subtle aspects of singing (e.g. sounding the etheric body). With this approach you learn to make yourself into an instrument for the archetypal spiritual tone to stream into the body, rather than viewing singing as something that proceeds purely out of the physical body.

## Cross Cultural Voicing: Expand the Borders of Singing

*The full possibilities of the voice are not revealed in any one singing style.*

Our singing adventure will therefore explore the voice in its broadest sense and help reveal the Infinite Possibilities of the Voice.

Through singing music from both western and world cultures, you will discover how particular idioms open up different colours and resonance centres in your voice. In addition, we will explore with you the healing power of singing in different vocal styles, from primordial traditions (e.g. Native American) to Georgian singing with its warm open throated heart resonance.

## The Imaginative Voice - Creativity in Voicework

You will find that many of the exercises we teach are used in connection with **IMPROVISATION** in order to bring the benefits of spontaneity, flexibility, creative imagination and soulful expression into voice development to help you unlock your full array of vocal responses.

Also explore an amazing array of choral improvisations with intriguing names such as '*the energy ball*', '*tone journey*' and '*don't drop the drone*'.

## Open Wide the Ears of Your Heart: Singing as Deep Listening

Listening is the root of all beautiful singing. So come and explore more meditative and contemplative processes that enhance deep listening (e.g. how breathing can be an act of listening that opens up the 'listening space' both within us and all around us).

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

Singing involves much more than just the vocal organs (e.g. the larynx). Because our voice is fundamentally connected to our whole body - and because sounds are movements - this course will offer you an inspiring guide to voice movement techniques - with intriguing names such as '*up-and-over*' - that make an immediate kinaesthetic link to singers' voices.

## You are the Instrument: The Alexander Technique in Singing

Unlike the cellist or the guitarist, the singer and his/her instrument are inseparable. In fact, we are walking musical instruments. The Alexander Technique - used in connection with singing - is the best way we know to help singers release the physical tensions which interfere with the natural co-ordinations of our voices. Through learning how to maintain the balance of your body whilst singing, you will be given the chance to liberate your voice.

## Eurythmy/Movement as 'Visible Song'

Singing involves much more than just the vocal organs. Through the art of Eurythmy you will have the chance to discover how "what otherwise remains an experience of the ear or larynx, [can] become an experience of the whole human being." (Rudolf Steiner)

## Life's too Short to Wear Tight Shoes: Transform Performance Anxiety

*Many people's joy of singing is blocked by:*

- a fear of being negatively judged by others
- a fear that their voice is not good enough
- a fear of singing wrong notes.

If you are one of these people and you want to overcome these blocks, then this course is for you!

We invite you to explore how the inner stage determines the outer performance, and how to sing freedom without any of the anxieties that often inhibit our singing. So come and learn how to "move your voice from inside to outside without being stopped by the damaging layers of inner critics that often silence us", and how to get rid of the baggage of self-doubt that so easily blocks access to our vocal potential and the joy of sharing our voice with others.

## Circle of Sound - Give Voice to Community

Our singing voice is the one musical instrument we all share in common. Thus, it provides us with a wonderful way of getting in touch with others.

The last session of each day will offer you the opportunity to experience an uplifting and outstanding approach to creating community through singing, from exploring new forms of choral music inspired by community values, to learning how to become 'harmonic' instruments - not just 'melodic' ones, to co-creating music 'in the space between I and You' through using improvisations with intriguing themes such as '*the united nations*' and '*sound swaps*'.

## Who is the Course For?

'Voice Mysteries' offers you an opportunity to experience a unique, dynamic and positive alternative to traditional models of voice education.

*The course is for all vocal explorers who are passionate about singing.*

It will meet the needs of the many people who are searching for new holistic ways of singing, from amateurs and re-starters to confident singers and voice professionals.

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.

- Optional INDIVIDUAL SINGING LESSONS and ALEXANDER LESSONS will be available.  
(N.B. An additional fee will be asked for these individual lessons)
- A BOOKSHOP OF RESOURCES related to the course theme will be on display.

## Testimonials

'The course gave me the background and courage I needed to be out there and to start teaching singing. Without your inspirational methods I would not have done this.

**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!'**

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 meets the challenges of all levels of vocal ability, 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 on the one hand, (e.g. the Royal College of Music), whilst working with community choirs, children's groups and uncertain singers 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.

**Linda Ryder** trained initially as a dancer. After both performing and teaching dance, she studied the Alexander Technique and now teaches it to musicians, singers and dancers. N.B. Linda is also a graduate of the Tonalis 'Sing with the Whole Voice' Foundation Training.

## 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 unspoilt, beautiful countryside of the Cotswolds. Eating out is easy in local cafés which our students find suit all tastes and budgets. Train connections to all parts of the country are excellent.

# APPLICATION FORM - Voice Mysteries

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 2:00pm on July 25th and ends at 1:30pm on July 30th.

*(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:** £215 (until May 20th)    £225 (until June 20th)    £235 (thereafter)

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

**£25 off the above fees** for Full-time Students & People on Income Support (with evidence)

**Work Scholarship Fee = £160** 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.***