

THE HEALING VOICE

Discover the Power of Singing
as a Healing Force



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Explore New Paradigms in the Emerging Field of
HOLISTIC SINGING THERAPY

Course Leader:
Michael Deason-Barrow

Tonalis

Guest Teachers:
Caroline Gill
Pernille Ritsch

26th - 31st JULY 2008

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

'LET ME HEAR HIS VOICE THAT I MAY KNOW HIM'

(SOCRATES)

Singing is a great therapy and utterly life enhancing.

Singing can bring us PHYSICAL benefits.

(e.g. It can oxygenate us and help transform disabling illnesses such as asthma and dementia.)

It can also bring us PSYCHOLOGICAL benefits.

(e.g. It can relieve stress levels and improve our emotional well-being.)

Thus it is not without good reason that we speak of 'singing the blues away'.

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 are causing 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!

OUR VOICE IS:

- **the sounding board of our soul and is our primary medium of communication that expresses who we are and how we feel.**
- **an audible image of our personality and an integral part of our 'per-sona' (N.B. persona means 'to sound through').**
- **'a bridge between expressing our inner world and the outer world of relationship, which expresses our uniqueness and provides a way of getting in touch with others'.**

(Paul Newham)

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

In the West, however, until recently, therapeutic uses of the voice have largely been forgotten. Indeed, even where "music therapy" is studied and practised, it tends to focus on fluency in instrumental work as the main therapeutic medium, rather than on the use of

EVERYBODY'S ORIGINAL HEALING INSTRUMENT - OUR VOICE.

THIS COURSE WILL CHANGE ALL THAT!

THIS COURSE WILL EXPLORE:

☺ HOW WE CAN REDISCOVER THE POWER OF SINGING
to Heal and Bring Harmony into Our Own Lives, as well as to Help Other People

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

Uncover and Free Your Voice

To work therapeutically on your own voice - or to work as a voice therapist - requires an informed knowledge of the way the voice works physically.

A key theme of this course is therefore connected to how we can help you awaken an awareness of what is 'HEALTHY' singing.

Many things that go wrong with singing begin with bodily interference which often takes the form of subconscious physical habits and tensions which deny us our vocal freedom.

The course will help you liberate your voice through exercises and improvisations that are connected to all the key components of voicework, e.g. resonance, breathing and range, etc.

Voice and Psyche - Tuning Our Primary Instrument - Our Self

On this course you will have the exciting opportunity to explore the relationship between
THE VOICE and THE SELF.

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,

e.g. how singing can specifically address:

- OUR PHYSICAL BEING • OUR SOUL LIFE, and • OUR SPIRITUAL LIFE,
NAMELY, HOW THE WHOLE HUMAN BEING CAN BE ADDRESSED THROUGH SINGING.
(N.B. The word 'health' comes from the Old English 'hal' signifying 'wholeness'.)

The Course will therefore explore:

how you can vocalise and bring into dialogue different parts of your self.

For instance, we will examine how each aspect of our voice (e.g. our range) is influenced by our psychology, and carries within it specific healing and 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

The Healing Power of Vowels and Consonants

A clarinet or flute may play the same pitch, but each has a unique personality. Likewise each vowel and consonant opens up different qualities in us. So come and explore:

- i) how each vowel relates to a different part of the body and creates unique soul moods in us,
- ii) how each consonant relates to the '4 Elements' of earth, air, fire and water.

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 and the use of sayings such as 'breathing fresh life into somebody'.) To counter today's tendency for breathing to be shallow, restricted and held, we will explore 'spacious whole body breathing' which creates openness and space inside ourselves, so that breath naturally fills us instead of us 'taking' a breath.

The Voice Doctor-Physiological Aspects of Voice Therapy

In Voice Clinics in hospitals today, voice therapists are working with new medical insights which are helping us understand how physiological misuse of the voice can lead to laryngeal disorders (e.g. vocal nodules and muscle tension dysphonia, etc.). Thus voice therapists have a huge role to play in training singers in 'VOICECARE' methods which we will introduce you to.

Singing the World - A Healing Perspective

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 from primordial traditions such as Native American Chant - with its pulsating vibrato, descending glides, falsetto and harmonics - to Georgian singing - with its warm open throated heart resonance.

Restore Silenced and Inhibited Voices

Many people today experience how their inner judges interfere with the free flow of their voices. Tonalis has thus developed unique methods for helping people release their voices. These techniques establish an atmosphere of safety and permission for participants to take the risk to explore their voices, so that their singing can "move from inside to outside without being stopped by the damaging layers of inner critics that often silence us". (S.E. Hale)

Song of the Spirit

Singing in the past was a fundamental medium through which prayer and healing took place. Today sacred singing - from Gregorian Chant to Arvo Pärt - is once again being recognised as a healing, spiritual force. At the end of each day we will therefore celebrate the therapeutic power of sacred choral music through singing:

- *Medieval Sacred Chants from Gregorian & Irish Traditions*
- *New Sacred Music by Composers like John Tavener & M.Deason-Barrow*
- *Luminous Renaissance Choral Music and • Heartfelt Gospel Harmonies, etc.*

Who is the Course for?

The Course is for all those people who have a passion for singing and want to rediscover the power of singing as a healing force to heal and bring harmony into their own lives, as well as to help other people. It is appropriate for people with all levels of vocal and musical experience. You will find our experienced and inspiring tutors will create a safe and supportive environment for everyone to freely explore their voices.

In particular it is for

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

The sessions will be informative, health giving and strongly practical, and will offer plenty of inspiration to encourage a deeper awareness of the healing properties of the voice both in your personal and your vocational life.

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

Contributors

Michael Deason-Barrow (GRSM, ARCM) - Director of the Tonalis Music Centre - is a master Singing Teacher who runs courses all over the world connected to Holistic Singing. He leads a Training on 'Singing with the Whole Voice', gives voice masterclasses in conservatoires, and is a visiting teacher at the Royal Welsh College of Music and Drama. He is becoming increasingly well known for his work in helping people transform the barriers connected to performance anxiety, and for helping 'uncertain singers' who cannot pitch match. His students often refer to him as the 'voice doctor' in connection with the therapeutic aspects he brings to voicework.

Caroline Gill is a qualified voice movement therapist, who works with the psychotherapeutic use of singing based on the training of Paul Newham. Her teaching distills many years of interdisciplinary exploration into an approach that unlocks vocal freedom, creativity and self-expression.

Pernille Ritsch studied Musical Therapy at the 'College for Music and Performance Arts' in Vienna as well as studying singing with teachers from the 'The School of Uncovering the Voice' inspired by Valborg Werbeck-Svärdström. During the last 25 years she has been working as a music and singing therapist in the psychiatric hospital "Friedrich Husemann-Klinik" in Freiburg, Germany, where she has developed her own method of singing therapy.

Testimonials

'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 ANSDALL - HEAD OF RESEARCH AT NORDOFF-ROBBINS MUSIC THERAPY CENTRE,
AUTHOR OF 'MUSIC FOR LIFE'

'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!'

APPLICATION FORM - THE HEALING VOICE

Please complete and send with a non-refundable £35 Deposit payable to 'Tonalis' at:-

4 Castle Farm Close, Leighterton, Glos. GL8 8UY, England.
Tel./Fax 01666-890460

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 26th (& includes an evening session on the 1st day).

The course ends at 5:00pm on July 31st.

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



FEES

Tuition Fees: £230 (until May 15th) £240 (until July 1st) £255 (thereafter)

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

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

Work Scholarship Fee = £155 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. £18/night, including Breakfast)

Places are limited so Early Booking is essential.