

Testimonial

Over the years I have worked with many singing teachers and Alexander voice teachers. Michael Deason-Barrow's courses combine the magic and beauty of music with all the rigour and deep understanding of vocal technique. He stands out as someone with a real ability to connect with the psychophysical unity that Alexander talks of. His understanding of vocal anatomy and his ability to convey Alexander's concepts in relation to singing is beyond compare.

I highly recommend these courses to everyone, especially voice students and Alexander teachers.

JUDITH KLEINMAN – Alexander Teacher at the Royal College of Music
and at Dartington Summer School and Oxford University.

Workshop Leader

Michael Deason-Barrow - Director of Tonalis - is a master singing teacher and an inspirational choir trainer who runs courses all over the world connected to Holistic Singing.

He is an expert on the use of Alexander Technique in voicework, choral singing and conducting, and has taught at the 'International Congress for Alexander Technique Teachers' in Oxford and at the 'Conference for Alexander teachers in Music Conservatoires'.

Today he gives voice master classes in music conservatoires on the one hand, whilst working with community choirs and people with voice pathologies on the other.

Michael's new vision of singing and choirs was recently featured in 'The Singer Magazine'.

Fees

Discounted Fees: £75 (for booking by Aug. 1st) **£80** (by Sept. 15th) **£85** (thereafter)

Concessions: £68 for OAPs, Couples, Full time students, & Groups of 3+ (by Aug. 15th).

Work Scholarship Fee: £58 For details, please contact the Tonalis office.

Meals: Lunches are available in local cafés.

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 - Alexander Technique & Singing

Please complete and send with a cheque payable to 'Tonalis' to the above address.

Name: _____ email: _____

Address: _____

Postcode: _____ Tel: _____

Would you like to receive an accommodation list
of i) local B&Bs and ii) family hosts (c.£20/night)? Yes No

The poster features a central image of a stack of seven smooth, light-colored stones balanced on a larger, textured rock. The background is a blurred outdoor scene with a body of water and a blue sky. The title 'Alexander Technique & Singing' is written in a white, elegant script font across the top. The entire image is framed by two vertical blue panels on either side, each containing a white line drawing of a musical staff with a treble clef and a few notes.

Alexander Technique
& Singing

Take a NEW LOOK at the WORLD of the VOICE

- ◆ Explore new Ideas for Integrating Alexander Technique & Singing
- ◆ Learn what to Listen and Look for in People's Voices
- ◆ Develop Your Own Singing and Learn to Sing Freedom

Tonalis

Workshop led by Michael Deason-Barrow

27th - 28th September '14

VENUE - TONALIS MUSIC CENTRE, STROUD, GLOS

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

"Our Singing Instrument is dependant on the condition of its carrying case." (R.Miller)

Have you ever wondered about any of the following questions:

- How can I integrate Alexander Technique and Singing?
- How can I help singers who come to me for lessons?

With regard to your own voice development:

- Do you wish those high notes would fly out more freely, and that your breathing would allow you to sing those long phrases?
- Do you still feel unclear about the nature of breathing for voicework?
- Do you sometimes lose your voice, or find it tires easily without knowing why?

Key Aims

This workshop will:

- give you the opportunity to take a good look at the world of the voice and will enable you to add new dimensions to your work
- introduce you to new understandings of singing underpinned by a deep knowledge of Vocal Anatomy informed by all the latest research in this field
- integrate Alexander processes (such as monkey and crawling) with voicework
 - help you learn what to listen and look for in clients voices
 - transform common misconceptions about singing.

Sing Freedom

Using innovative exercises and improvisations, this workshop will help you develop your voice skills through exploring

ALL THE KEY COMPONENTS OF VOICE TECHNIQUE

including how to:

- Open your Throat and Free Your Larynx from harmful constrictions
 - Enrich your Resonance and Palette of Vocal Colours
- Free your Tongue, Lips and Jaw from Interfering Habits
 - Expand the Range and Dynamics of your Voice.

Breathing as an Act of Opening: Re-educating the Breath

In particular, this workshop will investigate:

- a new understanding of 'breath support'
- how breath control is also about the way the movements of the vocal folds pace the breath.
- techniques I call 'The Release is the New Breath', instead of 'taking' a breath.

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

Explore VOICE MOVEMENT TECHNIQUES influenced by:

- ALEXANDER TECHNIQUE • DALCROZE EURHYTHMICS & • STEINER'S EURYTHMY.
- In particular, you will have the opportunity to learn about IDIOKINESIS - a psycho-physical method - through which kinaesthetic and visual images of the body in motion are used to stimulate appropriate bodily change based upon a profound knowledge of anatomy.

Other Key Elements We'll Explore

- The Listening Ear • The Observing Eye • The Guiding Hand

Learn what to listen to, look for, and check out with your hands regarding people's voices.

• Common Misconceptions about Singing

This will include exploring some of the many confusing - and contradictory - areas of voicework, including common misconceptions about what teachers typically mean by: 'breath support', 'projection', 'breaks in the vocal range', 'head voice and chest voice', etc..

• The Difference between Directing vs. Placing the Tone

• Muscular Entanglement and Muscular Dissociation

Explore how non-singing muscles volunteer their services for those muscles which have lost their mobility due to poor use (e.g. how the jaw unnecessarily helps the tongue out).

Who is the Workshop For?

This workshop is for Alexander Technique teachers and A.T. Students who want to:

- go deeper into the relationship between Alexander Technique and Singing
 - develop their knowledge of the voice and
 - improve their singing.

It is appropriate for people with ALL levels of vocal and musical experience.

We will mostly work together as a whole group - allied to observation and hands on work.

In particular the workshop will help Alexander Teachers who work in

? • MUSIC COLLEGES and • SPECIALIST MUSIC SCHOOLS, or with • CHOIRS and • SINGERS.

N.B. From the outset Michael will establish an atmosphere of safety for you to move your voice from inside to outside without being stopped by the damaging inner critics that often silence us.