

WORKSHOP LEADER

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, leads 'Foundation Trainings' in these fields and is a visiting teacher at the Royal Welsh College of Music and Drama. He is recognised for being an expert with a universal attitude. Thus he regularly gives voice master classes in conservatoires on the one hand, whilst working with community choirs, children's groups and uncertain singers on the other.

TESTIMONIAL

'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!'

TONALIS MUSIC CENTRE

Tonalis has re-drawn the horizons of the map of music to reflect the new musical, social and spiritual paradigms of the C21st. This research has enabled Tonalis to offer a New Vision of Music to people searching for a deeper understanding of music. We offer Trainings, Courses, Workshops and In-service Days connected to: • Singing • Music Education • Community Musicing • Music as a Sacred Practice • Music as a Therapeutic Art and • Choir Leading.

Fees: £78 (for booking by April 25th) **£85** (by May 25th) **£90** (thereafter)
Concessions: £65 for students, OAPs, & the unwaged when booked with evidence by May 15th.

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

Meals: Bring & Share Lunches or Local cafés. Tea & Coffee will be provided.

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

Tonalis Music Centre, 4 Castle Farm Close, Leighterton, GLOS, GL8 8UY
tel./fax: 01666-890460 info@tonalismusic.co.uk

Application Form - 'Sing Freedom'

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

Name: _____

Address: _____

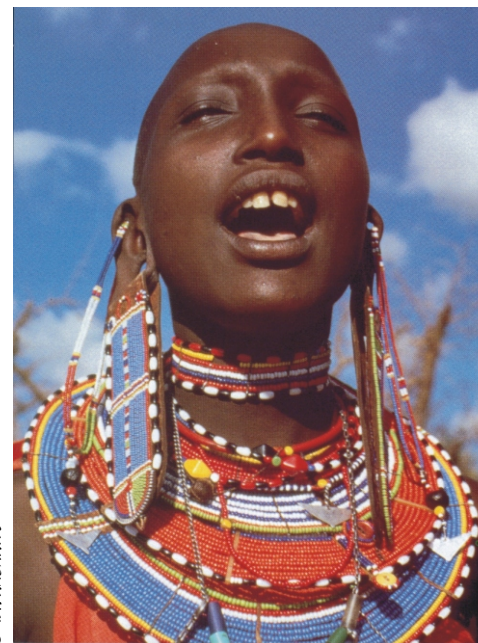
Postcode: _____

Tel/Fax: _____ **email:** _____

Places are limited so early application is essential.

SING FREEDOM

Dancing
Voices



Singing
Bodies

A New Holistic Vision of Singing for 21st Century Singers

BRING ♦ Improvisation ♦ Movement ♦ Alexander Technique
♦ World Voices & ♦ Therapeutic Insights into Voicework

Tonalis

Workshop Leader: Michael Deason-Barrow

7th - 8th June 2008

VENUE - John Howard House, BRIGHTON
Enquiries: Tel./Fax: 01666-890460 / info@tonalismusic.co.uk

This Workshop offers you a NEW HOLISTIC VISION OF SINGING.

IF YOU WANT TO:

- ☉ Learn how to Free your Voice so you can Sing Healthily & Expressively?
- ☉ Include the Whole Body, Imagination, Soul and Spirit in Singing?
- ☉ Expand the Borders of Your Voice so that you can Sing in Different Styles?

THEN THIS WORKSHOP IS FOR YOU!

KEY THEMES FOR PRACTICAL EXPLORATION

UNCOVER AND FREE YOUR VOICE

The key aim of this workshop is to awaken your awareness of
How to Free Your Singing Voice
using Voice Techniques for 21st Century Singers.

Many things that go wrong with singing either begin with bodily interference - in the form of subconscious physical habits/tensions and psychological inhibitions - or misconceptions about singing (e.g. the nature of breathing). All of these interference patterns restrict our vocal freedom and lead us to use only a small part of our vocal potential.

This workshop will help you liberate your voice through exercises/improvisations that will explore all the Key Components of Voice Technique - e.g. how to:

- Extend the Range of Your Voice and the Continuum of Vocal Resonance / Colour so it can Mirror the Breadth of Your Life and the Expressive Power of the Music
- Free the Larynx, Tongue and Jaw from Tensions that Interfere with Vocal Freedom
- Explore how each Vowel and Consonant Opens up Different Parts of our Sounding Being
- Discover the Spaciousness of Whole Body Breathing, i.e. Breathing as an Act of Opening.

N.B. Tonalis Voicework frequently uses improvisation frameworks to bring the benefits of spontaneity, flexibility, creative imagination and soulful expression into voice development.

'BEHIND EVERY MOVING VOICE IS A DANCING BODY' (JOHN WRIGHT)

Many people think their voice is tense and unfree, when in fact it is tensions in their body that is leading to their limited voice use. Because sounds are movements and vibrations, voice development needs to be fundamentally be interwoven with work on our whole body.

This workshop will offer a practical and imaginative guide to the ways in which MOVEMENT can help you both free your voices and enable expressive singing of songs and choral music to come about. In addition, previous participants have found that our Voicework not only helps them free their voices, but helps them in terms of revitalising their personal energy.

CREATIVITY AND IMPROVISATION IN SINGING

In these sessions we will explore imaginative ways of entering into vocal and choral improvisation leading to a wonderful array of vocal colours, harmonies, rhythms and textures.

A WIDER VISION: EXPAND THE BORDERS OF SINGING

In recent times a multiplicity of extraordinary World singing styles and choral idioms have emerged in our midst, along with Medieval, Jazz, Gospel and 20th Century Extended Voice Techniques. All these voices are demonstrating a move away from more narrowly defined conventional ideals of singing to new more open-minded and holistic paradigms.

This workshop will offer you a wonderful opportunity to try out a whole range of music, e.g.:

- the bright focus of Bulgarian Voices
- the falsetto singing of Native Americans
- the warm open throated pharyngeal resonance of Georgian singing

- Through singing these musics you will:*
- i) Expand the borders of your voice
 - ii) Explore the healing and creative power of singing in different vocal/musical styles
 - iii) Experience how particular idioms open up different resonance centres of your voice so that your 'whole voice' can be revealed.

FREEDOM SONGS: VOICES OF COURAGE AND HOPE

We are all born into the world singing our hearts out with free, unrestricted and spontaneous voices. But many people lose this knowledge as they leave childhood and experience instead how the expressive power of their voice is easy to silence and difficult to restore.

On this workshop Michael will introduce you to innovative methods that will help remove any inhibiting attitudes of self doubt which block access to the vocal potential we each have within us. To achieve this he will establish an atmosphere of safety for participants to "move their voices from inside to outside without being stopped by the damaging layers of inner critics that often silence us". (*Susan E. Hale*) In this connection we will sing:

SONGS OF COURAGE AND HOPE FROM SOUTH AFRICAN AND 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 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, from: VOICE SPECIALISTS wanting new insights (e.g. Therapeutic & Global Perspectives) → DISENCHANTED SINGERS seeking a new vision of singing → COMMUNITY CHOIRS → 'UNCERTAIN SINGERS' yearning to 'Sing Freedom'.