

Course Tutors

Michael Deason-Barrow is a master singing teacher who leads singing trainings, gives voice masterclasses in conservatoires, directs choirs and works as a singing therapist. His new holistic vision of singing was featured in 'The Singer Magazine'. He has written a groundbreaking new books on 'Sing Freedom', 'Holistic Breathing for Singers' and 'How to Help Uncertain Singers'. You'll find he is that rare exponent, a specialist equally at home with professionals and non-specialists alike.

John Underhill is an Alexander Teacher, Cranio-sacral Therapist and Instrument Maker who has worked with the Tonalis impulse since its inception. He will lead two sessions on the physiology of breathing in connection with the Alexander Technique and singing.

Venue

'The Field Centre' is a unique venue with its central glass-domed teaching space, glorious organic architecture, lovely dining room and stunning views over the Cotswold countryside.

Visit the website, www.thefieldcentre.org.uk to see for yourself.

Fees

£85 (by May 15th)

£92 (by June 20th)

£98 (thereafter)

Concessions for Students, O.A.P.s & Couples **£80 / £85 / £90** (See the date deadlines above)

1 Work Scholarship £60 (is available for help with setting up and clearing away, etc.) Please enquire

Lunches: Organic soup, salad & roll is available for £5/lunch, when pre-booked.

Times: Sat. 11am - 6:30pm, Sun. 10am - 5pm

A Registration Letter - including Travel Information, Accommodation List, Times, etc. will be sent on receipt of the Application Form and Fee.

APPLICATION FORM - Breath of Life - Breath of Voice

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

4 Castle Farm Close, Leighterton, Glos. GL8 8UY, England

or pay into the Tonalis account: Sort Code 08-92-50, Account # 68684633.

Name: _____

Address: _____

Postcode: _____

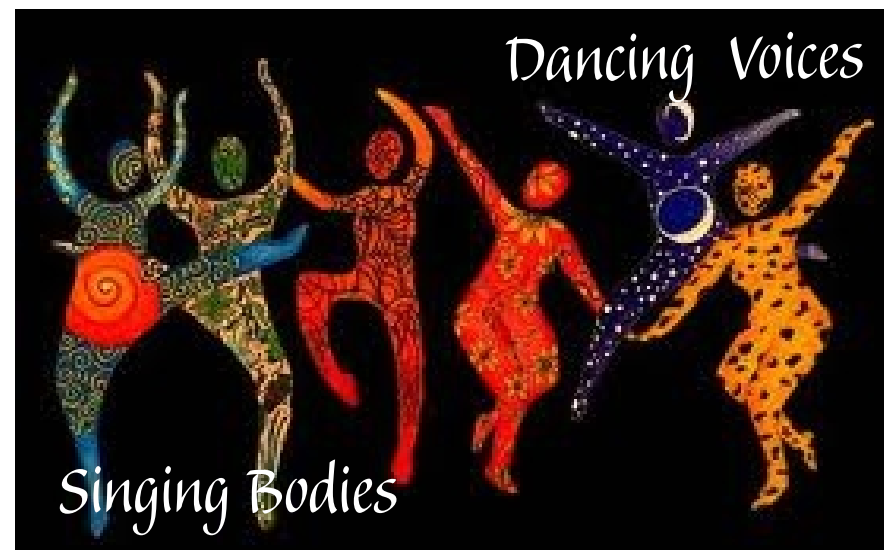
Telephone: _____ email: _____

Do you require accommodation? ☐ No ☐ Yes *If yes, a list of local hosts (circa £22 / night), campsites and B&Bs will be sent to you.*

Would you like the Soup Lunches: ☐ Yes (please pay cash at the workshop) ☐ No

Breath of Life

Breath of Voice



Holistic Breathing for Singing & Health

Rediscover How to Breathe Freely & Naturally

& EXPLORE

- Breathing as an Act of Opening
- How to Sing Longer Phrases of Music
- How to Energise your Breath & • much more . . .

Tonalis

13th – 14th July '19

Led by Michael Deason-Barrow

VENUE - The Field Centre, nr Nailsworth, GLOS

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

Holistic Breathing for Singing & Health

The course will explore with you all aspects of breathing in relationship to

i) YOUR VOICES and

ii) YOUR LIVES

in ways that will improve not only your SINGING,
but your sense of WELL-BEING.

It will take you on a fascinating journey into the

- physiology • psychology and • spirituality of

NATURAL BREATHING

that will provide you with

a New Holistic Vision of Breathing.

In particular the workshop will help you learn:

- how to breathe in freely (i.e. without gasping)
- how to energeise your breathing, and
- how to sustain your breath so you can sing longer phrases of music (helped by Tonalis' *totally new understanding of 'BREATH SUPPORT'*).

It will also explore how ancient and spiritual understandings of breathwork (e.g. Zen Buddhism and Mindfulness)

can compliment new breath-work processes derived from the Alexander Technique, Werbeck's breathing exercises and Voice Science.

Whole Body Breathing

Come and explore how the freedom of your breathing is dependent on the co-ordination of your whole body. This will include an exploration of new perspectives on the role your lungs, diaphragm, ribs, spine, abdomen, pelvic floor and legs play in breathing.

(N.B. This work will be aided by the ALEXANDER TECHNIQUE led by John Underhill.)

Breathing as an Act of Opening

One of the unique parts of this workshop will be learning how breathing can open up your inner and outer sense of space.

So come and explore new Tonalis breathing techniques called:

i) 'THE SPACIOUS BREATH', ii) 'THE SMILING BREATH'
(to transform all those times when you feel there is no space in your life)

and iii) 'THE RELEASE IS THE NEW BREATH'.

This groundbreaking Tonalis process will help your breath to naturally fill you, instead of 'taking' breaths which trigger so much constriction in both our voices and lives.

Psychological and Emotional Aspects of Breathing

Typically singers are taught to work with breathing via the use of physical techniques.

But clearly the PATTERNS of our breathing

- i.e. the Volume, Pressure and Frequency -

are connected with every aspect of our LIFE.

(For example, many people feel they have no room to breathe in their lives).

So come and explore how your EMOTIONS (e.g. laughter, crying, and anger, etc.)

and PSYCHOLOGY (e.g. how shallow breathing is linked to anxiety, etc.)

influence your breathing and how Tonalis breathwork can help to transform these patterns.

Explore Spiritual Aspects of Breathing

Discover how breathing for singing is connected to

i) the subtle energy system of our 'Chakras',

ii) the relationship between

Inhalation & Inspiration and Exhalation & Expression.

iii) Vocal Breathing Meditations

(e.g. on themes of *Allowing, Deepening and Inspiration, etc.*)



N.B. This workshop offers a 'taster' for the upcoming Foundation Training course, 'Singing for Health and Wellbeing' starting at the end of August.



Testimonials

Michael's course was an unparalleled vibrant, holistic weaving together of physical, artistic and spiritual 'vocal' threads; led by a performer and teacher of the highest musical and vocal prowess. This approach is essential for amateurs and professionals alike.

MARTYN HILL -

**Celebrated Opera, Oratorio, Art Song and Early Music Singer, and
former Professor of Singing, Trinity College of Music, London**

Tonalis is a rare and wonderful organisation which I am proud to be associated with. Under the remarkable leadership, guidance and methodology of Michael, participants receive a treasure trove of ideas and skills training. I heartily recommend these courses.

SUZI DIGBY -

**Founder of the Voices Foundation and
Conductor of the award winning choir, Ora**