

Who is the Workshop for?

This workshop is for everyone who wants to do something about transcending the barriers they have to singing/playing which block their joy of sharing of music with others. It will also give new insights to Music Teachers wanting to help their students overcome stage fright.

Structure of the Workshop

Each day will involve i) group work on the themes listed overleaf - and ii) the chance for individuals - who have volunteered - to practise their new techniques for transforming performance anxiety in front of the group. There will also be presentations and discussions on the theme. *A Bookshop of Resources* related to the theme will be available.

Workshop Leader

Michael Deason-Barrow (GRSM, ARCM) is Director of the Tonalis Music Centre. He is a master singing teacher who runs courses all over the world connected to holistic singing and leads a 'Foundation Training' in this field. He is recognised as one of the leading experts in the field of 'How to Transform Performance Anxiety' and has lectured and coached students at the 'Royal Welsh College of Music and Drama' in Cardiff on this theme.

Testimonial

'The Course gave me the background and courage I needed to be out there 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!'

Fees: £80 (for booking by Jan. 1st) **£88** (by Feb. 15th) **£95** (thereafter)

Couples, OAP's & Group Bookings (3+): **£72/ £78/ £84** each (dates as above)

Saturday only: **£48** (by Jan. 15th) **£55** (thereafter) 1 Work Scholarship is available: **£55**

Times: 11am - 6:30pm Saturday, 10am - 5pm Sunday

Lunches: Organic soup, salad & roll from the Ruskin Mill café @ £5/day or local pub.

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 - Transform Performance Anxiety

Please complete & send to the above address with your cheque payable to - 'Tonalis'
or pay into the Tonalis account: Sort Code 08-92-50, Account #68684633.

Name: _____ email: _____

Address: _____

Postcode: _____ Tel: _____

Would you like the Soup Lunches? **Yes** (please pay cash at the workshop) **No**

"Life's too short to wear tight shoes"
(Grandma Ros)

Learn How To Transform Performance Anxiety



Discover New Ways
to TRANSCEND THE BARRIERS
that Block the Joy of Sharing Music with Others

Tonalis

Workshop Led By: Michael Deason-Barrow

3rd - 4th March '18

VENUE - The Field Centre, nr. Nailsworth, GLOS
Enquiries: Tel: 01666-890460 info@tonalismusic.co.uk

**'... and then the day came
when the risk to remain tight in a bud
was more painful than the risk it took to blossom.'**

(Anais Nin)

Is your joy of singing - playing music - in front of others ever blocked by:

- nerves, a lack of confidence or shyness?
- a fear of singing / playing wrong notes?
- a fear of being negatively judged by others?

or • a fear that your voice (or instrumental technique) is not good enough?

**If you want to overcome these barriers
THEN THIS WORKSHOP IS FOR YOU!**

What have

Paul McCartney, Pavarotti, Adele and Benjamin Britten all got in common?

They all suffer(ed) from the most awful stage fright.

Stage fright for many people feels like being a rabbit-in-the-headlights. It is an ACT OF MUTINY by the mind, body and soul against doing something you love.

So why do we let our joy of sharing music with others be stolen away?

On this Workshop we will investigate

ALL the CAUSES (and SYMPTOMS)

of the debilitating problem known as STAGE FRIGHT - including:

the PHYSICAL effects (e.g. butterflies created by fast heart beats and high adrenalin, etc.)
and

the PSYCHOLOGICAL & EMOTIONAL aspects (e.g. the negative influence of our Inner Critics).

To transform all this Tonalis has developed inspiring NEW METHODS to help remove any inhibiting self-doubts you have with regard to your singing/playing. You'll find these methods will help you overcome the conflicts that often take place between different parts of yourself so that you can be in harmony with yourself when you share the music you love.

So come and learn how to

Transcend the Barriers

which Block Access to the Full Musical Potential You Have

that Inhibits the Joy of Sharing

Your Voice - or Instrument - with Others,

and discover how to

**'move your voice from inside to outside without being stopped by
the damaging layers of inner critics that often silence us.'** (S. E. Hale)

The Key Themes We will Explore

From Inner Critic to Inner Coach

**"Who is it down there in the darkness of the psyche,
that cries its silent, 'NO' to the longing for 'YES'?"** (Bernard Levin)

Do you sometimes experience destructive, negative self-talk before, during, or after singing / playing music? (e.g. "I'll make a fool of myself".) Our inner judges often interfere with the free flow of our musical abilities during performances and can literally terrorise us. This results in forms of physical and mental paralysis (e.g. loss of memory).

This workshop will help you retune the blaring radio of infectious thoughts which so often take away your power so that you can tune into your deeper self.

So come and learn how to:

- De-condition anxiety and change irrational beliefs
- Deal with the perfectionist in yourself who often inhibits you
- Take charge and responsibility and stop the awful distortions that sabotage your musicing
- Expand into your full being during performances, rather than shrink into your limiting self
- Practice new ways to prepare for a musical offering.

Physical, Musical & Psychological Techniques

The techniques we will explore include:

- RELAXATION, GROUNDING and CENTERING TECHNIQUES
- NEW COGNITIVE PROCESSES (using NLP, mental rehearsal and visualisations)
- SPIRITUAL ASPECTS (e.g. using affirmations and meditation)
- NEW WAYS TO LIVE INTO THE MUSIC
(e.g. how focussing on living the music and the words can transform self consciousness).

Further Key Themes will include:

In Here and Out There - Reframe the Role of the Audience

Come and explore how to create OPENNESS and TRUST when you share songs via re-framing i) your view of what the audience represents and ii) the role of the performer.

The Practice of Now - The Point of Power is in the Present

Many people cling to the fear of failure - based on past experiences - or project an imaginary future that does not exist. Yet being in the future or the past stops you being present in the music.

This workshop will help you change all this!

Transform Egoism & Separateness into the Joy of Sharing

Explore how to move away from the limiting thought of: *'What do you think of me?'*
to the empowering experience of *'Can I share my music with you?'*