

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.

You will find the sessions will be inspiring, informative and strongly practical - and will also benefit your sense of well-being.

A BOOKSHOP OF RESOURCES linked to the workshop theme will be available.

Workshop Leader

Michael Deason-Barrow - Director of the Tonalis Music Centre - is a master singing teacher and an inspirational choir trainer, who runs holistic voice courses all over the world. He regularly gives voice master classes in music conservatoires on the one hand, whilst working with community choirs, children's groups, uncertain singers and singing therapy on the other. He is recognised for being that rare exponent of music, an expert with a universal attitude.

Testimonial

Michael Deason-Barrow offers a new paradigm to voice work. His course was an unparalleled vibrant, holistic weaving together of physical, cultural, artistic and spiritual 'vocal' threads; led by a performer and teacher of the highest musical and vocal prowess.

Martyn Hill - Professor of Singing, Trinity College of Music, London

FEES: £74 (for booking by May 15th) **£82** (by June 15th) **£88** (thereafter)

Couples, OAPs & Group Bookings (3+): £68 / £73 / £78 (see date deadlines above)

Saturday Attendance Only: £48

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

Lunches: Bring & Share

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 - 'Sing with Your Whole Voice'

Please complete & send to the above address with your cheque payable to - 'Tonalis' or pay into the Tonalis account: Sort Code 30-92-06, Account # 00807093.

Name: _____ email: _____

Address: _____

Postcode: _____

Telephone: _____ Mobile: _____

Sing with Your Whole Voice

Explore the 4 ELEMENTS in Singing



Express More of Your Whole Self & Reclaim Your Whole Voice

Tonalis

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!'

Led by Michael Deason-Barrow

9th - 10th JULY 2016

VENUE - Ringwood Steiner School, Ringwood, HANTS
Enquiries: Tel. 01666-890460 info@tonalismusic.co.uk

Sing with Your Whole Voice

Singing is not just about the voice - IT'S ABOUT LIFE.

Given the pivotal role our voices play in our lives, don't you find it surprising how little attention we give to them?

What this workshop will demonstrate to you is:

- how changing aspects of your voice can spark other positive changes in your lives.

So as you begin to welcome new sounds into your voice on this weekend you'll find how it brings many NEW GIFTS with it.

Above all, this workshop offers you the chance to express more of
YOUR WHOLE SELF
through reclaiming
YOUR WHOLE VOICE
with all its accompanying array of vocal colours.

Typically our voice is influenced by our upbringing, our culture and our language. We also often have restrictive holding patterns in our bodies that negatively influence our voices, and frequently suppress parts of our voice as the result of events that have occurred in our lives.

So whether it's,

'keep a stiff upper lip', 'children should be seen not heard', or 'big boys don't cry'
- they all negatively affect not just our voice, but our lives.

Consequently, opening up to your FULL VOICE on this workshop will also mean reclaiming what I call 'THE BOOK OF LOST VOICES'.

In particular, we'll explore singing using the framework of the ancient system known as 'THE 4 ELEMENTS' (i.e. EARTH, AIR, FIRE AND WATER).

This exploration will help you awaken these qualities in your voice so that you can put them to work in YOUR LIFE and YOUR MUSIC MAKING.

Key Themes We'll Practically Explore

The 4 Elements in Singing

Come and explore the 4 elements in singing in the following ways.

Discover:

- WHERE IN THE BODY you can find a special connection to each of these elements
- THE THERAPEUTIC USES of the 4 elements in the voice, i.e. we'll explore how:
the EARTH VOICE brings authority, grounding and stability
the WATER VOICE brings empathy
the AIR VOICE brings inspiration and a sense of spiritual presence, and
the FIRE VOICE brings passion and vitality to your life. (N.B. This fire voice is also linked to bright resonance that brings focus and clarity.)
- Also we'll explore how the element of 'space' in singing brings about a new sensitivity to the 'space' between I and You. (Stanislavsky called this '3rd circle singing'.)

For each of the 4 Elements we'll explore:

- VOICE EXERCISES and IMPROVISATIONS created by Michael Deason-Barrow to help you access these elements
- INSPIRING SONGS THAT EMBODY EACH OF THE 4 ELEMENTS which will encourage you to tap into different parts of your self, (including a Native American invocation of the 4 elements, 'Can You Be Like an Eagle'). N.B. We'll also accompany some of these songs with instruments that embody the 4 elements.
- how toning SPECIFIC VOWELS and CONSONANTS connects you with each element.

Along the way you'll meet and voice a cast of extraordinary vocal characters, from a Maori warrior doing the haka chant ('ha' = breath and 'ka' = fire) and Marilyn Monroe, to the storyteller's voicing of 'once upon a time', and the wicked witch of the West.

To further inspire you,

we'll also check out recordings of singers who manifest these qualities, from Enja (air) and Bulgarian women (fire), to Cesoria Evorra (earth), Ella Fitzgerald (water), and Pavarotti (fire).

So come and explore Tonalis' new ideas about singing so that those elements which live in you as hidden potential at present are enabled to come to expression in the future. Above all, I can promise that with each session of the workshop you'll hear wonderful changes taking place in your voice.