

Who is the Course for?

The course is for all those people who want to re-engage with their voice so that they can pick up the trail of their lost singing.

So whether your voice is inhibited by:

i) a lack of confidence, ii) physical tensions affecting the voice, iii) pitch matching/tuning challenges, or iv) musical orientation/memory issues, come and discover that your voice is in no way impaired (or disabled) and that given the right conditions and help - such as this course offers - it will develop so you can sing freedom. Michael's approach is holistic, highly practical and informative. He recognises that re-engaging with singing takes great courage. You can therefore be sure that he will create a safe environment for everyone so that they can reclaim their voice. Practice ideas will be given out at the end of each session so that you can continue to develop your singing between each meeting. (N.B. Michael's book on this theme, 'TUNING IN', will be on sale at the course.)

N.B. This course is unable to meet the needs of people who are unable to perceive differences in pitch due to brain injury or deafness, i.e. there is a sensorial deficit/congenital amusia.

Michael Deason-Barrow - Director of 'Tonalis' - is a voice trainer who has taught at all levels from the Nordoff-Robins Music Therapy Training to special needs education and singing therapy. He has led workshops for the 'Singing for the Brain' organisation and specialises in helping uncertain singers and clients with vocal pathologies. He has taught 'how to transform performance anxiety' at the Royal Welsh College of Music and Drama and written books on 'Tuning In for Uncertain Singers', 'The Healing Voice' and 'Sing Freedom'.

Duration: 10 weekly Sessions on Mondays from March 7th to May 9th (except for Tuesday 19th April to avoid Bank Holiday Monday). N.B. The 1st session is for 4 hours (1:30 - 5:30).

Times & Fees: 1:30pm - 3:30pm **£230** (for booking by Feb. 10th) **£240** (thereafter)
Fees can also be paid in 2 installments, i.e. **2 x £125**.

For people also wanting to participate in 'Music in the Space Between I and You' on Monday mornings - the discounted fee for both courses is **£415**.

Places are limited to 12 participants to maintain covid protocols, so early booking is advised.

N.B. Appropriate ventilation will be maintained through ensuring windows are open.

Tonalis, 4 Castle Farm Close, Leighterton, GLOS GL8 8UY

Application Form - 'Reclaim Your Voice'

Please complete & send with a £40 non-refundable deposit cheque payable to - 'Tonalis'.
or pay your deposit by BACS: Bank Sort Code: 08-92-50 Account Number: 68684633

Name: _____ email: _____

Address: _____

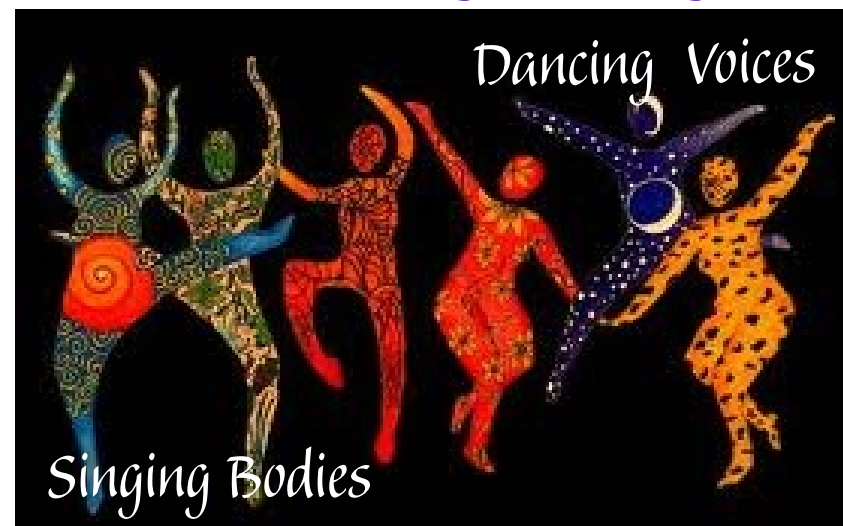
Postcode: _____

Tel: _____

Mobile: _____

Reclaim Your Voice

A New Inspiring Course for Helping Uncertain Singers and People with Pitch Matching Challenges



Transform a Lack of Vocal Confidence
into a Life Long Love of Singing

Tonalis

Led by Michael Deason-Barrow

10 WEEKLY SESSIONS: MONDAYS 1:30 - 3:30
Starting March 7th, 2022

VENUE - St.Bride's Hall, Stroud, GLOS

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

DO YOU:

- feel 'uncertain' or lack confidence in your singing voice?
- regard yourself as a 'Can't Sing Singer' who is estranged from singing?
- find it challenging to match your voice to given target pitches?
- find it difficult to hold your own part (e.g. alto) when singing harmonies?

Have you ever been told you are
TONE DEAF, CAN'T CARRY A TUNE, UNABLE TO PITCH MATCH, or a GROANER,
or embarrassed and humiliated by the judgement of an authority figure?
Or is it simply a case of a lack of:
encouragement, exposure to and involvement with singing,
practice opportunities when young and appropriate instruction?

There is unfortunately a prevailing cultural myth - that is now part of folk psychology - that you either have a talent for singing or you don't and that singing well is an inborn gift and all down to genes. This dominant and false myth will be debunked on this course in what will amount to "a demonstration of the developmental power of singing to overcome decades of culturally imposed singing silence." (Susan Knight)

The key goal of 'Help for Uncertain Singers'
is to help participants learn to release their voices from any
i) psychological inhibitions
and ii) physical constrictions they may have.

The course will explore with you all the factors that cause
both uncertain and inaccurate singing, such as:

- Poor PHYSICAL use which blocks vocal freedom - e.g. pulling the head & tongue back
- Inappropriate VOCAL use e.g. many people's voices get trapped in their speaking register so that their vocal folds don't adjust and lengthen as the pitch rises
- PSYCHOLOGICAL aspects e.g. how negative labelling from an authority figure and unhelpful expectations and comparisons create impediments that lead to a lack of confidence
- MUSICAL & PERCEPTUAL aspects e.g. poor tonal memory, where we don't recognise the sign/ sound- posts that help us navigate our way in pitch space.

KEY THEMES THE COURSE WILL EXPLORE

Each week we will explore a key component of singing, from:
how to maximise the vibrations of your vocal folds, to developing your resonance, dynamics and the full range of your voice, to how to achieve better breath control, etc. This will include many 'Voice Movement Techniques' to help you release your voice.

The course will also take you on a journey through the following sequence:

- free vocal explorations and voice games to develop new flexibility in your singing.
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- how to create a bridge from the speaking register of the voice to the singing voice
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- confidence building strategies for transforming negative labelling by one's self or others
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- how to develop the aural skills needed for pitch discrimination and musical memory via call and response songs and the musical orientation sol-fa provides
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- the practice of inner listening and inner singing
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- the singing of songs
↓
- learning to hold your own part (e.g. alto) in choir music
so that you can join the choir of your choice.

This course will offer you EXCITING NEW & CONFIDENCE BUILDING METHODS TO TRANSFORM ALL THE BARRIERS TO SINGING THAT EXCLUDE PEOPLE FROM THE SINGING WORLD.

Above all, it will transform the blocks of a life-time into a new found confidence in your singing skills which is sure to open a door for you into a richer experience of music making.

So if you only dare to sing in the bath,
or feel you could sing - but were once told you couldn't -
then the expert tuition of Michael Deason-Barrow
- who is regarded as one of the leading authorities on this subject -
will **CHANGE ALL THAT!**

**What you will find is any lack of vocal confidence will be transformed into
A LIFE LONG LOVE OF SINGING.**