

During each session we will therefore sing special therapeutic songs that:

- allow us to meet the past and give voice to our hopes and dreams
- weave together the tales of our joys and sorrows
- give voice to parts of ourselves we often deny
- ask for forgiveness and petition for help to get us through difficult times
- encourage spiritual presence and transcendence.
- build confidence and create trust so we can let our light shine
- help us to let go and move on and • give voice to freedom and new life.

Who is the Course for? 'The Healing Voice' is appropriate for people with all levels of vocal and musical experience.

You'll find Michael will create a safe and supportive environment for everyone to explore the therapeutic gifts of singing.

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 'The Healing Voice', 'Songs in the Key of Life' and 'Sing Freedom'.

Duration: 10 weekly Sessions on Mondays from February 28th to May 9th (except for Tuesday 19th April to avoid Bank Holiday Monday). N.B. The 1st session is for 4 hours

Times: 3:45pm - 5:45pm 1:30pm - 5:30pm.

Fees: £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 - 'The Healing 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: _____

Tel:

Postcode:

Mobile:

The Healing Voice

Singing for Health & Wellbeing



Discover the Power of Therapeutic Singing
as a Healing Force

Tonalis

Led by Michael Deason-Barrow

10 WEEKLY SESSIONS: MONDAYS 3:45 - 5:45

Starting February 28th, 2022

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

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

www.tonalismusic.co.uk

Singing is utterly life enhancing
and one of the greatest therapies available to all of us.

It can:

- improve our well-being, breathing and energy levels
- relieve stress levels and transform emotions
- help us connect with others in an increasing age of loneliness
- help transform disabling illnesses
- help with healing disordered voices (i.e. voice pathologies)
- release us from the challenges of everyday life & much more . . .

For thousands of years singing has been an integral part of healing all over the world, from mothers singing lullabies to soothe their children, to shamans using the power of their voices in healing rituals and monks chanting sacred mantras. The healing voice therefore has a long and venerable therapeutic heritage that stretches from the archetypal myths of Orpheus and healing world voices → the psycho-therapeutic approaches of Wolfsohn, Newham and Austin → today's medical research connected to the world of voice.

A key reason singing is innately therapeutic is that sung tone literally vibrates through our whole being like a massage that tones us from within. Via specific exercises it can set up vibrations to break up physical and energetic blocks and thereby effect PHYSIOLOGICAL changes.

Just as significantly, singing can bring light into our underworld and act as an intermediary between our conscious and unconscious life. In fact, it is just because of this connection between singing, PSYCHOLOGY and EMOTIONS that it can be used in a therapeutic way.

On Singing for Health and Wellbeing you'll therefore have the opportunity to explore:

- i) how singing is about much more than just the movements of our vocal folds, our resonance, or our breathing, etc.. We also need to connect with our spiritual and emotional core.
- ii) how, because our voice mirrors our whole being, it needs to be educated holistically - not merely treated as a mechanism that needs mere physical adjustments.

So come and discover:

- **Special Therapeutic Singing Exercises** linked to each element of voicework (researched and created by Tonalis).
 - Vocal Improvisations to mediate between our conscious and unconscious worlds in order to process and integrate their gifts
 - Songs in the Key of Life (i.e. special Therapeutic Songs)
 - and • the Practice of Therapeutic Toning.

KEY THEMES THE COURSE WILL EXPLORE

Therapeutic Voicework linked to Life Processes

A key focus of the course will be to explore how the:

- RANGE of our voice connects to the way we can contact our 'heights and depths'
- RESONANCE/COLOUR of our voice connects to issues of 'brightness & darkness' in our lives
- REGISTERS of our voice connect to issues of 'masculine/feminine' & 'brokenness/wholeness', etc.
- PHONATION of our voice connects to qualities such as 'vulnerability and assertiveness'
- DYNAMICS of our voice connects to issues of 'loudness and quietness' in our being

Breath of Life- Breath of Voice

Clearly the patterns and rhythms of our breathing are deeply connected with our life. (Witness our breathing when we laugh, cry, or speak of 'breathing fresh life into someone'.) This course will therefore work with Tonalis' holistic and therapeutic breathing exercises.

Toning - the Healing Power of Vowels and Consonants

Each consonant and each vowel is like a different musical instrument which has its own unique energetic power and therapeutic properties. So come and explore:

- i) how toning on each vowel relates to different parts of our body and the chakras.
- ii) how each consonant relates to the archetypal 4 Elements of Earth, Air, Fire and Water.

Voice & Psyche - Tuning Our Primary Instrument: Our Self

Singing therapy calls us to take account of the role of the 'INNER SINGER' in each of us and how singing can address our Emotional, Psychological and Spiritual Life.

Thus we will explore the PSYCHOLOGY OF SINGING.

Global and Sacred Voices - Healing Perspectives

Singing is an integral part of healing in cultures all over the world today. So come and explore

- i) the healing voices found in WORLD vocal and musical styles, and
 - ii) the therapeutic gifts of SACRED SINGING
- from Native and African American Spirituals to the Chants of Hildegard of Bingen, etc.

Songs in the Key of Life - Therapeutic Songs

Special songs are inextricably linked to people's life stories. They create unique ways to explore emotions and the inner sound track of our lives.