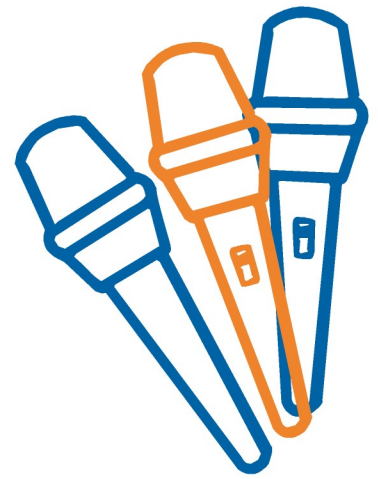


Vocal Coach

Interaktive Stimmbildung
Neues erfahren - freier agieren



Free Back - Free Neck - Free Voice:

Awareness through movement and voice health

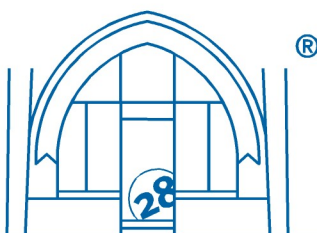
English version of „Freier Rücken, freier Nacken, freie Stimme: Körperorientiertes Stimmtraining“

Awareness through movement affects the human being as a whole. The exercises help you to meet the physical, vocal and psychological challenges of your professional life in a more relaxed and flexible way. Psychosomatic and motor complaints such as back pain, neck tension, exhaustion and voice problems can improve considerably with this efficient method.

These lessons are used in health care as a relaxation technique as well as in pain management and rehabilitation, but also in voice, dance, theater and music education, in martial arts and many other sports.

For the Israeli physicist Moshé Feldenkrais, thinking, feeling, perceiving and moving are inextricably interwoven in human action. For him, movement was an expression of the whole person and thus the optimal approach to achieve improvements on all levels. The focus is on the perception of movement. You will learn to recognize adverse patterns of action that shape your everyday life and to find alternatives. By becoming aware of your own actions, new possibilities arise for body and mind.

Guided lessons help you move more easily and efficiently. Somatophysical learning processes are supported, your self-perception and movement coordination as well as your voice sound improve.



Julia Kokke M.A.
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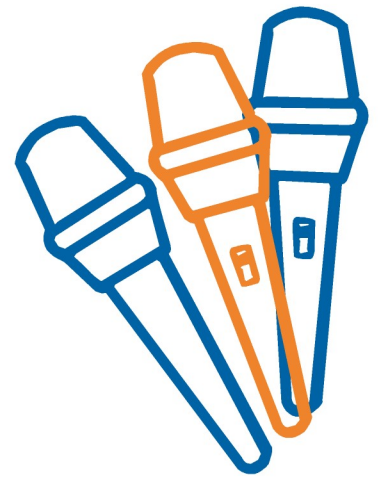
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Knowledge

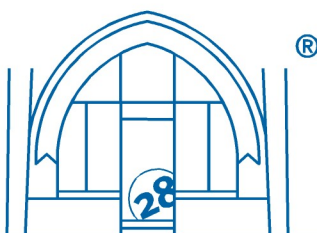
The participants know:

- the connection between neck, back and voice problems
- the connection between breathing and voice problems and unconscious posture routines
- the effect of psychological stress on body tension
- the basics of ATM (Awareness through movement), the differentiation of movement as a basis for freer body posture and breathing
- Basics of the Feldenkrais Method (Thinking-moving-sensory sensation-emotion as an overall process, improvement of body dynamics as a basis for increased well-being)
- Basics of functional voice development (differentiation of sound – relief of the voice function).

Abilities

Participants are able to:

- to recognize inhibiting posture routines and to change them
- to create targeted relief for physical, mental and psychological well-being, through mobility exercises for the cervical, thoracic, lumbar spine and pelvis
- to 'tune in' to stressful speech situations
- to recognize stress reactions in oneself at an early stage and to do preventive exercises.



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