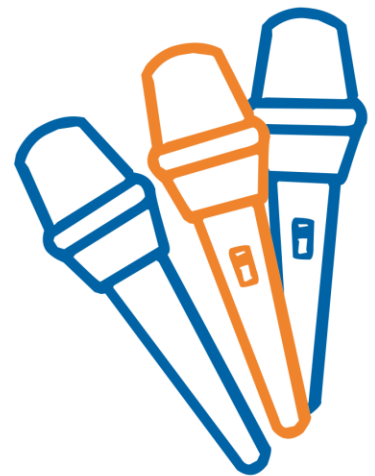


Vocal Coach

Interaktive Stimmbildung
Neues erfahren - freier agieren



Free back, free neck, free voice:

Body-oriented voice training*

Live online-training

Voice problems often go hand in hand with restrictions on the musculoskeletal system and are accompanied by chronic neck and back tension or pain.

The voice function can be understood as complex, networked movement. It is therefore worthwhile to improve general body dynamics to support the sound process, because tension hinders the free development of the voice.

The aim of the training is to make the close connection between movement and voice practically tangible. You will get to know your individual movements better and can thus make the reference to the quality of the sound. You will find out how you can carry out movements more easily and more freely and to sound better on this basis.

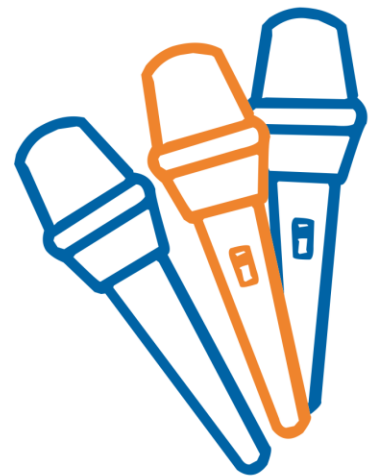
Light movement lessons work on humans in their entirety. They help you to meet the physical, vocal and psychological challenges of your everyday working life more relaxed and flexible. Psychosomatic and motor complaints such as back pain, neck tension, states of exhaustion and voice problems can improve significantly.

The focus is on perception of movement. You will learn to recognize disadvantageous action patterns that shape your behavior and to replace with freer alternatives. By being aware of your own action, new possibilities for body and mind are created.

In this context, it is also helpful to know how the fascia as connective tissue structures influence the flexibility and stability of the body. Through targeted work on these anatomical lines, pain can be reduced and the mobility of the body can be improved.

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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.

Attitude

The participants:

- release themselves from stress in everyday working life through more self-awareness and better body organization
- recognize their own well-being as the basis for freer, easier action
- shift the focus from the quality of the result to the quality of the process.

Methods

- In group training, you will deal with a sequence of small, simple movements, which are accompanied by perceptual clues to individual details. Often these units merge at the end to form a larger movement.

Scope: 4 three-hour modules (a total of 12 hours)

**English version of "Freier Rücken, freier Nacken, freie Stimme: Körperorientiertes Stimmtraining"*