Vocal Coach

Interaktive Stimmbildung
Neues erfahren - freier agieren



Breathe Freely – Recharge Your Energy
Relieving Body and Mind through Breathing Exercises

Breath, movement, voice, and well-being are closely interconnected. Stress, time pressure, and physical tension can restrict the flow of breath and impact energy levels, concentration, voice, and posture.

This workshop focuses on simple, practical exercises designed to help you find calm, release tension, and replenish your energy. Mindful movement, targeted breathing techniques, and gentle vocal work help regulate the nervous system, relieve physical strain, and strengthen your personal presence.

Julia Kokke M.A.
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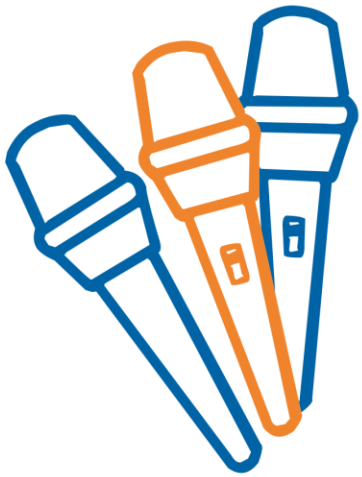
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Participants will develop a personal toolkit of methods for various high-pressure situations and learn how breath, body awareness, and voice can be used for self-care and stress management.

The exercises can be immediately integrated into your daily work routine, fostering greater composure, flexibility, and inner balance.

Key Focus Areas:

- The connection between stress, breathing, and physical tension
- Breathing techniques for relaxation and recovery
- Movement exercises for the chest, spine, shoulders, and pelvis
- Integrating breath, voice, and posture
- Self-awareness and stress regulation
- Developing individual strategies for increased daily energy

The goal of the workshop is to achieve freer breathing, greater physical and mental relief, and a more conscious approach to managing your own resources. This creates new opportunities to face the challenges of professional life with greater calm, presence, and vitality.

Formats:

Live online workshop
In-person workshop
Blended learning workshop
In-person presentation
Online presentation

As a standalone session or as a module in a multi-part training series.

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