Vocal Coach

Interaktive Stimmbildung

Neues erfahren - freier agieren



Free Back, Free Neck, Free Voice
Body-Oriented Voice Training

A free and resilient voice does not originate solely in the larynx but arises from the interplay of the entire body. Tension in the neck, back, or jaw, along with stress and inefficient movement habits, can significantly impair vocal function and lead to unnecessary strain when speaking.

This workshop offers a practical experience of the close connection between movement, posture, and voice. Through mindfully guided movement lessons, elements of the Feldenkrais Method, and functional voice development, participants become aware of their movement patterns and discover new, easier ways of acting. In the process, not only do mobility and body organization improve, but so do sound quality, vocal comfort, and presence.

Julia Kokke M.A.
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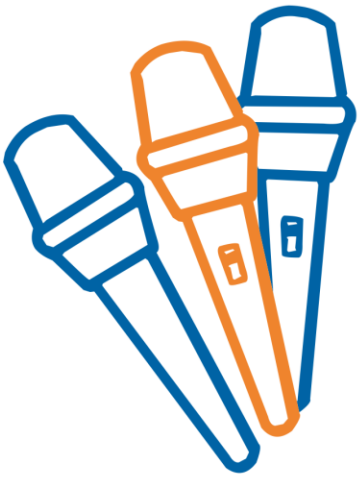
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The focus is on awareness: changing the quality of one's movements can often lead to greater ease, stability, and freedom in vocal expression. At the same time, the exercises provide effective tools for stress regulation and the prevention of physical and vocal strain.

Key Focus Areas:

- The connection between posture, movement, and voice
- Relieving tension in the neck, back, and shoulders
- Fundamentals of the Feldenkrais Method and "Awareness Through Movement"
- Functional voice development and efficient speaking
- Fascia, mobility, and body dynamics
- Mindfulness and self-care in daily professional life

The goal of the workshop is to achieve freer body organization as a foundation for greater mobility, well-being, and a more effortless, resonant use of the voice.

For anyone wishing to sustainably support their voice through the body and speak with greater ease.

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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