Vocal Coach

Interaktive Stimmbildung
Neues erfahren - freier agieren



Clearing Your Head
Relaxation for the eyes, face and jaw

Stress manifests not only internally but often in one's posture, facial expressions, and overall presence. Many people have become accustomed to a constant level of tension and barely notice the strain that daily life places on their eyes, face, jaw, and neck.

This workshop teaches ways to consciously perceive tension and release it effectively. Intensive use of smartphones, computers, and other digital media often keeps our eyes in a state of constant close-range focus. This affects the entire body: the head juts forward, neck muscles tighten, breathing becomes shallower, and the voice loses its resonance and carrying power.

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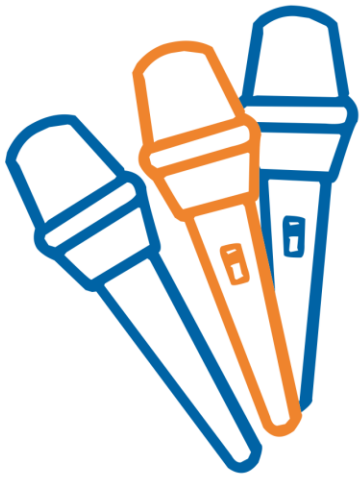
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The face and jaw also react sensitively to stress. Tense facial muscles can restrict facial expressions and diminish one's ability to convey emotion. The jaw is a primary site where the body stores stress; consequences can include nighttime teeth grinding, headaches, muscle tension, vocal issues, and spinal discomfort.

The workshop focuses on the interconnections between the eyes, face, jaw, neck, breathing, and voice. Through targeted self-help exercises, participants loosen tense muscle groups, mobilize joints, and improve body awareness. These exercises are easy to integrate into daily life and can be practiced both at home and at work.

In addition to practical work, the workshop provides an opportunity to share experiences, reflect, and develop individual strategies for sustainably incorporating these insights into everyday life.

Formats:

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

Standalone or as a module in a multi-part training series.

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