

BODY PRESENCE & VOICE WORKSHOP MARCH 2 - 8

Presence is basic for contacts with people.
In the first place we have to be heard to be listened to.
A stable body, a stable voice help to be present.
On that basis the range of expression can be refined.
This is essential not only for any profession.
In the voice we bring together ourselves.

During my opera studies the development of body, voice and expression
revealed many aspects that go far beyond style and singing over all.
To gain strength without growing stiff turned out to be essential.
Stable flexibility that helps us to use the voice in various ways of speaking
and singing.

Learning to liberate respiration,
A relaxed upright body posture,
The merging of letters, forming words, meaning, clearly.

So what we do in the work I am offering is a combination of body and voice
exercise that is both fine and strong.

Very little movements and big movements, speed, slowness,
Focusing and letting go, . . .

This entails elements of

Breathing exercises - Vocal and language training -
Isometrics - Yoga - Feldenkrais Method - Physiotherapy
Acupressure - Dance - Micro-moves - Autogenic training

Schedules

The approach is individual, hence we will start with a single lesson,

Individual lessons: Richmond Rd., BS5

in accordance to your time table, just contact.

Group classes: Cube Microplex, 4 Princess Row, BS2

Thu 3rd: 5.30-7.30pm ---- Fri 4th: 3:00-5:00pm ---- Mon 7th: 5.30-7.30pm

Other times on request.

For a start the participation is on donation base.
Continuous work will be possible 4-6 weekly.

Contact

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or

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<http://body-presence-voice.blogspot.com/>

Hope to work with you . . .

Lars Feistkorn, Singer/Performer/Writer

Opera studies completed at the University of Arts Berlin.

Experimental Music, Songwriting, Screenplay, Art Performance,

Poetry, experience in Feldenkrais-Method, Tai-Chi, Hatha and Pranayama
Yoga , gravity exercises, choreographic work, free style dance, etc.,
excursions into Ballet and Butoh, etc.

Authentic voicing for various styles, such as Opera, Lied, Experimental
Music, World Music, Jazz, Folk, Musical, Rock, Medieval Music, Spoken
Words, Rap.

Inspiring were the teachings of Shanti Oyarzabal, leading elements of Yoga
into dance improvisation and the combination of exhausting athletics with
movement meditation.