

## **EuSing! Uniting Body, Mind, Voice and Chorus**

**Through musical games that center on creative improvisation and self-awareness techniques choral singers:**

- **Explore and expand their vocal abilities**
- **Sing more easily and musically**
- **Learn to listen to, and connect with, music more deeply**
- **Develop a stronger awareness of the conductor and ensemble**
- **Have the opportunity to vocally experiment for pure joy and relaxation**

*We are born all artists - the challenge is remaining one as we grow up.*

Pablo Picasso

Many choristers come to me with the desire to open up their range of vocal expression and sing with more ease and freedom. Singing with physical ease facilitates expressive interpretation and effective communication in musical collaborative work. In my workshops, I combine guided self-awareness instruction in vocal technique with interactive vocal improvisation. Vocal improvisation provides the space and freedom that enables participants to focus on, explore and expand their vocal capacities, develop self-awareness, awareness of others, confidence, and mindful, focused listening. As participants begin to use their intuition, senses, and instincts while exploring their voices to make music in the moment, they discover an even deeper level of engagement with the composed music they are formally preparing in choral rehearsals.

My aim is for choristers to experientially acquire skills and strategies which they can use in home practice, choral rehearsals and performance that will enable them to sing with an empowering sense of self-reliance. Here is the bonus, vocal improvisation can be really fun.

My holistic approach is built upon my experience as a performer, 23 years of teaching voice, study of the acoustics and physiology of singing, vocology (the science and habilitation of the singing voice), motor skill development, somatology (neuromuscular re-education), yoga, and the art of improvisation (as taught by David Darling, Mary Knysh, et. al at [musicforpeople.org](http://musicforpeople.org)).

### **Frequently Asked Questions:**

Is it true that almost anyone can learn how to sing? Yes, scientific research has shown that almost anyone (94% of the population) can learn how to sing.

Is it true that some people are born with fantastic voices and just have what it takes? Yes, but those people have had a lot more singing opportunities and experiences than others.

Is there such a thing as vocal technique? Yes, once one learns what it feels like to sing with dynamic posture, unimpeded breathing, a free throat, and flexible articulators, and about the power of intention, awareness, and listening, one's choral experience becomes even more complete and exciting.

What are the benefits of group improvisation? Vocal improvisation allows individuals to practice the vocal techniques they learn at their own personal pace. Vocal improvisation in a group builds group synergy as well as musical and ensemble skills. As we focus on elements of music such as timing, rhythm, harmony, dynamics, and blend in an atmosphere where "there are no wrong notes", we expand our ability to listen and create music as individuals and as part of a group. When these skills are carried over into preparing notated music, singers share more deeply with the conductor's vision. A good balance of formal and informal group singing is also good for team building. Very Simply put, sound (musical tones and rhythms) is pure energy, our bodies are pure energy, and it is the synergy of that energy that creates a strong ensemble.

How long will it take me to feel comfortable improvising? It varies, but I can say with confidence that most people feel major changes within the first three to six weeks.

What about that strange title EuSing! ?

I developed the term EuSing! because it encapsulates what I believe singing is about. *Eu* (Greek) means good and healthy, and phonetically EuSing! sounds like "You sing!" Through play and vocal exploration, we have the opportunity to discover and enjoy our authentic voice in a supportive and fun environment.