Sing the Body Electric! NATS Winter Workshop 2017

Join us at the beautiful Marriott Mission Valley in San Diego, this NATS Winter Workshop offers sessions to help both performers and their teachers find greater freedom in their bodies, as well as greater mental calm. Exploring various modalities, including the Alexander Technique, Body Mapping, and Yoga for Singers, our expert clinicians bring decades of experience in helping musicians find greater physical awareness, freedom, and focus.

A primer on the Alexander Technique and Body Mapping, followed by master class sessions to apply the technique in one's singing and teaching; lead us to greater body awareness. In-depth sessions will help participants to produce efficient, coordinated, effective movement. Body Mapping is a tool that is useful in many different settings from music studios to exercise studios and to all of the somatic disciplines.

YogaVoice® explores the eight-fold path of Classical Yoga and its application to the lives and work of performing artists, voice professionals, and people who are interested in improving their communication skills and connecting to their innate creativity. YogaVoice® is an organic way of working with an individual to bring balance and integrity to both the physical instrument and the creative Self, and can complement any vocal method. We complement our focus on the performer's body by addressing motor learning theory, using Qi Gong in the voice studio, holistic medicine for singers, and injury prevention.

Program Schedule:

Thursday, January 5
10 am – 12 pm - ***The Alexander Technique and Body Mapping: an introduction***
Alexander Technique practitioners Amy Likar and Jim Brody offer a basic introduction to the Alexander Technique and Body Mapping, addressing terminology and the background of each.

Lunch Break

1:30 - 3:30 pm – ***Let's Move!*** Amy and Jim will lead the group in movement intended to bring greater awareness to our actions. Wear comfortable clothing you can move in freely, as we will end this session with Constructive Rest. Bring a towel or a yoga mat to lie on the floor.

4 – 6 pm – ***Applying the Alexander Technique and Body Mapping: The Facts are Friendly***
Amy and Jim will work with singers and pianists in a simulated studio setting to demonstrate how Alexander and Mapping can provide students and teachers with effective movement and thinking strategies.

Break

6:30 - 7:30 pm – ***The Voice from Foot to Head: A Holistic Approach to Safe Vocalizing***
This session will explore the role of whole body anatomy for vocalizing, with a focus on injury prevention and management. Jennie Morton of PAMA will lead an interactive session demonstrating the interconnectivity of the body's structures from foot to head, and their influence on breath and voice. A practical demonstration will contextualize the information to show the practical applications for both performers and teachers.

Friday, January 6
9 – 11 am – ***The Structures and Movement of Breathing: Be Moved!***
Jim and Amy will help attendees understand how free movement of arm structure facilitates free movement of breath. This session will include movement activities to free both your arm structure and your movement of breath.

11:30 am - 1:30 pm – ***Master Class: Self Care while Teaching***

Bringing It All Together! As a teacher, what can/should/might I do – or *not* do? Jim and Amy will lead a discussion that will include the quality of attention to self in teaching and developing appropriate instructional language.

Lunch Break

2:30 - 4:30 pm – ***Mindful Practice***
Lynn Helding highlights the newest research in motor learning theory, which challenges a popular assumption that performers should abandon thought and just 'go with the flow.' A more fruitful approach of *mindful practice* is proposed, which focuses attention and trains desired outcomes through repeated deliberate practice. The power in this approach lies in its extensive scope, from the heights of enriching performers' peak experiences, to the depths of addressing the pernicious problem of performance anxiety.

Break

4:45 – 6 pm – ***Holistic Options for the Singer's Mental and Vocal Health***
In this session, licensed acupuncturist and professional singer Dr. Joe DeStefano will present techniques, tricks, and resources available to the singer and voice teacher to promote physical, mental, and vocal health from the repertoire of complementary and alternative medicine.

Break

6:15 - 7:30 pm – ***Beyond the Breath: Taiji and Qi Gong Exercises for the Singer and Studio***
Drs. Janelle and Joe DeStefano will explore simple exercises from the postures and forms of *Taiji Q'uan* and *Qi Gong* that can be included in the vocal studio and in daily vocal practice. Come dressed comfortably to take part in this experiential workshop.

Saturday, January 7
9 – 11 am – ***YogaVoice® Your Authentic Voice***
Comprehensive Yoga Therapist Mark Moliterno will present a lecture outlining the major principles of YogaVoice® and the ways in which Yoga technology and Systematic Vocal Technique (based in traditional *bel canto* methodology) can form a unified mind/body approach to singing: *the authentic voice*.

Break

11:30 am – 1 pm – ***YogaVoice® Practice***
Mark will lead participants in the unique YogaVoice® Vocal Vinyasa™ practice, a comprehensive, user-friendly practice of yoga postures and breathing techniques that include vocal toning. This practice develops awareness of the body's creative energy centers and aligns the authentic voice. All levels of ability are welcome!

Lunch Break

2:30 - 4:30 pm – ***Singing Master Class***
When we perform, deeply rooted patterns of tension and energetic imbalance quickly emerge. Mark will work with individual singers to apply the YogaVoice® technology in their performance practice. Audience members will observe changes in the performer, as body and energies are aligned and balanced. Voice teachers will gain insight as to how YogaVoice® can be used in the voice studio.