

NATS Winter Workshop
 Marriott Mission Valley
 San Diego, CA
 January 5-7, 217

Sing the Body Electric! Wellness for Performers and Teachers

Program Schedule

Thursday, January 5	Friday, January 6	Saturday, January 7
Registration open 8:00am – 3:00pm	Registration open 9:00am – 3:00pm	Registration open 8:00 – 11:00am
<p>10 am – 12 pm - <i>The Alexander Technique and Body Mapping: an introduction</i></p> <p>Alexander Technique practitioner Jim Brody and Andover Educator Bonnie Draina offer a basic introduction to the Alexander Technique and Body Mapping, addressing terminology and the background of each.</p>	<p>9 – 11 am – <i>The Structures and Movement of Breathing: Be Moved!</i></p> <p>Bonnie and Jim will lead an in-depth exploration of the mechanism and whole-body movement of breathing. Through movement and visual aids, participants will examine the effects of poor alignment and faulty body maps, then learn how best to address these issues in the lesson or rehearsal through the practical application of accurate anatomical information and inclusive awareness.</p>	<p>9 – 11 am – <i>YogaVoice® Your Authentic Voice</i></p> <p>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 can form a unified mind/body approach to singing: <i>the authentic voice</i>.</p>
12:00 – 1:30 pm – Lunch Break	11 – 11:30 am – Refreshment Break – Cabrillo Salon Foyer	11 – 11:30 am – Refreshment Break – Cabrillo Salon Foyer
<p>1:30 - 3:30 pm – <i>Let's Move!</i></p> <p>Bonnie 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.</p>	<p>11:30 am - 1:30 pm – <i>Master Class: Self Care while Teaching</i></p> <p>Bonnie and Jim will lead a wide-ranging discussion of teaching studio concerns (what should I do?), attention to self in teaching (how do I care for myself?), and appropriate instructional language. Practical application in a teaching setting will be included.</p>	<p>11:30 am – 1 pm – <i>YogaVoice® Practice</i></p> <p>Mark will lead participants in the unique YogaVoice® Vocal Vinyasa™ practice, a comprehensive, user-friendly practice of yoga postures and breathing techniques that i develops awareness of the body's creative energy centers and aligns the authentic voice. All levels of ability are welcome!</p>

<p>3:30 – 4:00 pm – Refreshment Break – Cabrillo Salon Foyer</p>	<p>1:30 – 2:30 pm – Lunch Break</p>	<p>1 – 2:30 pm – Lunch Break</p>
<p>4 – 6 pm – <i>Applying the Alexander Technique and Body Mapping: The Facts are Friendly</i></p> <p>Bonnie 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.</p>	<p>2:30 - 4:30 pm – <i>Mindful Practice</i></p> <p>Lynn Holding 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 <i>mindful practice</i> is proposed, which focuses attention and trains desired outcomes through repeated deliberate practice.</p>	<p>2:30 - 4:30 pm – <i>Singing Master Class</i></p> <p>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, and voice teachers will learn how YogaVoice® can be used in the voice studio.</p>
<p>6:00 – 6:30 pm – Welcome Reception - Cabrillo Salon Foyer</p>	<p>4:30 – 4:45 pm – Break</p>	<p><i>Workshop concludes, but many clinicians will remain in town this evening to visit and answer questions.</i></p>
<p>6:30 - 7:30 pm – <i>The Voice from Foot to Head: A Holistic Approach to Safe Vocalizing</i></p> <p>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. A practical demonstration will contextualize the information to show the practical applications for both performers and teachers.</p>	<p>4:45 – 6 pm – <i>Holistic Options for the Singer’s Mental and Vocal Health</i></p> <p>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.</p>	
<p>Dinner on your own</p>	<p>6:00 – 6:15 pm – Break</p>	
	<p>6:15 - 7:30 pm – <i>Beyond the Breath: Taiji & Qi Gong Exercises for the Singer & Studio</i></p> <p>Drs. Janelle and Joe DeStefano will explore simple exercises from the postures and forms of <i>Taiji Q’uan</i> and <i>Qi Gong</i> that can be included in the vocal studio and in daily vocal practice. Come dressed comfortably to take part in this experiential workshop.</p>	