



2017 NATS WINTER WORKSHOP

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Mark Moliterno

Founder of YogaVoice®

MM, C-IAYT, RYT500, POLY®

Priority Adjunct Associate Professor of Voice

Westminster Choir College of Rider University

www.theyogavoice.com

Don't worry, be happy...

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email to Dawn at
yogavoiceoffice@gmail.com
subject: NATS NOTES

YogaVoice® Mission

“YogaVoice® is a comprehensive Self-realization practice, teaching people to embody their authentic voices for artistic expression, personal wellness, and the healing of our culture.”

Principles of YogaVoice®



- The human voice is the organ of the Soul.
- The human voice is an energetic instrument, manifesting as mechanism.
- We learn by doing.
- Your breath is the teacher.
- Yoga and Singing are healing practices.

Uniting Traditions

Yoga Technology

- Classical Yoga
 - Yoga Sutras of Patanjali (2nd Century; Eight-fold path; mitigate suffering)
- Tantric Yoga
 - Chakra Theory
- Nada Yoga
 - Sound and mantra
- Karma Yoga
 - Action and Work

Systematic Vocal Technique based in the historical *bel canto* tradition

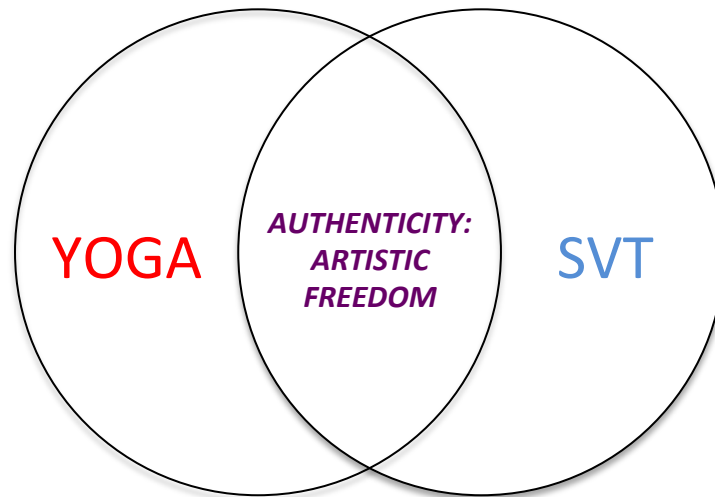
- Mastering the individual components of well-balanced, functionally efficient, artistic singing

Results

- Understanding the singing voice as a manifestation of a body/mind/spirit matrix
- Self-Awareness (healing and wellness)
- Artistic authenticity

Synthesis: Science and Art

The practice of *Yoga* cultivates awareness, mastery, and (ultimately) *choices* for the person who wishes to mitigate personal discomfort (suffering). Yoga practices unravel the knots that inhibit your innate creativity, authenticity, freedom, and joy.



The practice of *Systematic Vocal Technique* provides a basis for understanding the most functionally efficient use of the human voice as an instrument, to be used in service to the musical demands of beautiful vocal artistry.

How can a synthesis of these two art-sciences lead us to personal awareness and the vocal, artistic freedom that comes from authenticity?

What is Yoga?

The yoking of complementary opposites into a unified whole: Union.

(e.g., yin/yang; steadiness/comfort, stillness/movement)

Reintegration of that which appears to have become separated

Stillness, Presence, Awareness, Honesty

Yoga Sutra of Patañjali

The Eight-fold Path of Classical Yoga

- Yama (Restraints) 2.29-31, 35-39
- Niyama (Observances) 2.32, 40-45
- Asana (Physical postures) 2.46-48
- Pranayama (Breath control) 2.49-53
- Pratyahara (Sensory Mastery) 2.54-55
- Dharana (Concentration) 3.1
- Dhyana (Absorption) 3.2
- Samadhi (Integration) 3.3-7

Yoga Sutra of Patañjali

“Now, the teaching of Yoga” (1.1)

“Yoga citta vrtti nirodha” (1.2)

- Yoga = Union, Yoking
- Citta = consciousness/ego/mind-body
- Vrtti = waves/patterns/turnings/movements
- Nirodhah = cease/stilling/harmonize

“Then, pure awareness can abide in its very nature.” (1.3)

“Otherwise, awareness takes itself to be the patterns of consciousness.” (1.4)

(Hartranft)

Citta vrtti become *Samskaras*

Habitual bodymind patterns that create “knots”, blocks to the free flow of the voice and its expression. Can manifest as:

- Physical tension
- Breath manipulation
- Trouble listening and perceiving
- Lack of flow/creativity
- Loss of internal harmony
- Lack of spontaneity/creativity
- Rhythmic instability
- Mental confusion
- Others?

What Yoga does:

- Harmonizes the nervous system (sympathetic and parasympathetic)
- Creates “space” in the bodymind knots
- Down-regulates *stress*
- Develops bodymind tonus: control and freedom
- Develops physical, mental, emotional resilience
- Encourages Self-awareness

Historical *bel canto* pedagogy

- Manuel Garcia II (1805-1906)
 - Singer, Pedagogue, Scientist, Inventor of the laryngeal mirror
- Guiding principle: Unification of complementary opposite qualities into an artistic and expressive whole
 - *Chiaroscuro* (lit. “light-dark”)
 - *Appoggio*
 - *Coloratura and legato*

Systematic Vocal Technique

Richard Miller (1926-2009)

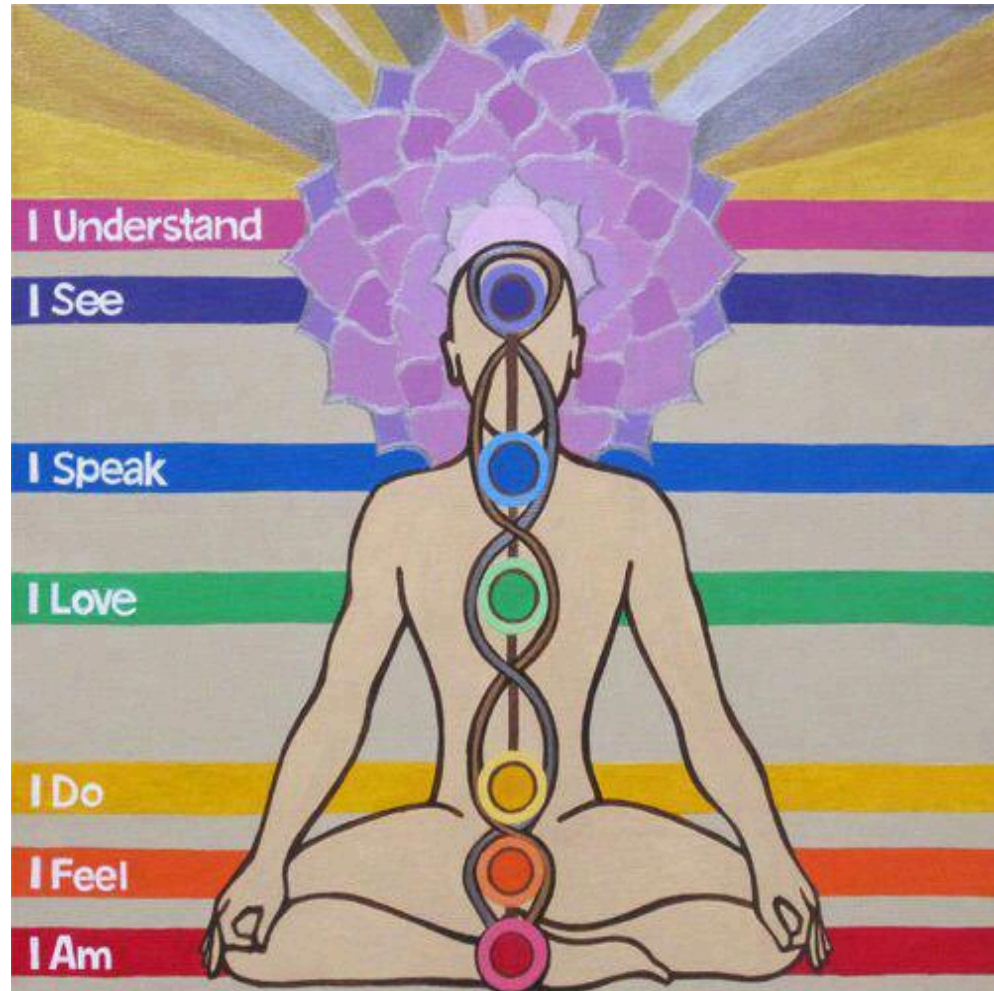
- Singer, Pedagogue, Researcher, Author
- *The Structure of Singing* (Schirmer, 1986)
 - Coordinated Vocal Onset and Release
 - Breath Management
 - Agility
 - Resonance Balancing
 - Vowel Definition/Differentiation
 - Sostenuto (Sustaining)
 - Registration
 - Range Extension and Stabilization
 - Dynamic Control
 - Vibrancy and Timbre
 - Coordinating Technique and Communication (union)

Elements of SVT (distilled from Miller)

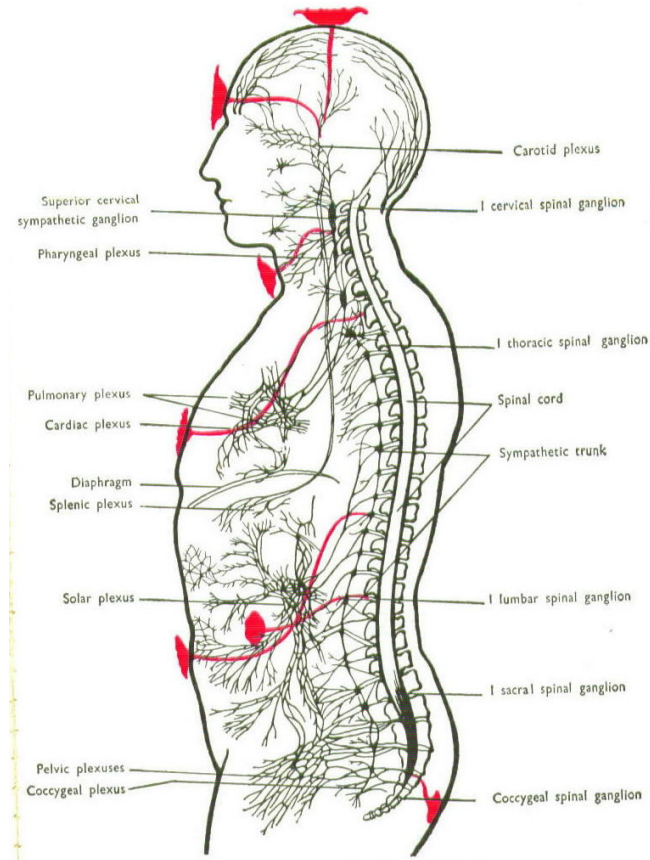
- Inspiration/Integration (Creative Freedom)
- Pre-phonatory preparation (Artistic Intention)
- Resonance/Articulation (Communication)
- Sostenuto/Dynamics (Expressiveness)
- Agility/Vibrancy (Energization)
- Registration/Range Stabilization (Inflection)
- Coordinated Onset and Release (Rhythm)

These technical vocal elements are related to the body's energies through the conceptual model of the...

Chakras: Energies of Awareness



Tantra Yoga: Chakra Theory



By C.W.Leadbeater - The book "The Chakras", Public Domain, <https://commons.wikimedia.org/w/index.php?curid=6380226>

Chakras

Energetic “wheels” of the subtle body, corresponding to placement on the spine, nerve plexuses, organs, biological systems

Bodymind connectors: conceptual model that organizes the experiences of sensation

“Spiritual” or creative dimension

Hubs of breath energy and *prana* (life-force): crossing points of the *nadis* (breath channels)

Chakras are influenced by our patterns:

- Physical Alignment (Body)
 - Movement
 - Rest
 - Balance or imbalance
- Mental Activity (Mind)
 - “Doing” or effort
 - *STRESS*
- Belief (Spirit)
 - Background and context

Chakras “harmonize” with:

- Natural Elements
- Dharma (Essential Nature/Purpose)
- Light Frequency (Color)
- Sound
- Relationship to elements of systematic vocal technique

Sound Yoga: BIJA Mantras

“Seed” sounds that activate the chakra energy

- 7th Chakra: Silence
- 6th Chakra: OM
- 5th Chakra: HAM
- 4th Chakra: YAM
- 3rd Chakra: RAM
- 2nd Chakra: VAM
- 1st Chakra: LAM

Note: “A” = [^]

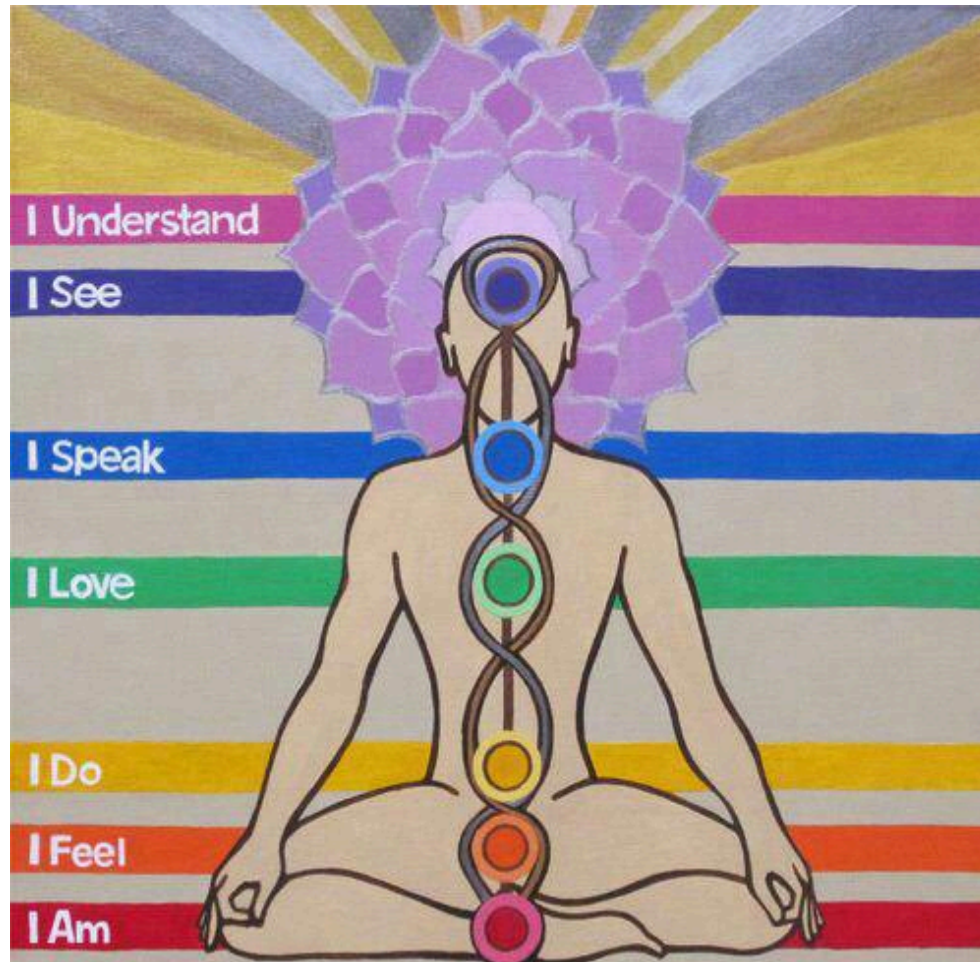
Sound Yoga: Healing Sounds

Cooling or calming to chakra energy

7: NG	as in “sing”	[ŋ]
6: MM	as in “mmm, good!”	[m]
5: EE	as in “free”	[i]
4: AY	as in “play”	[e]
3: AH	as in “prana”	[a]
2: OH	as in “flow”	[o]
1: OO	as in “soothe”	[u]

All Together Now...

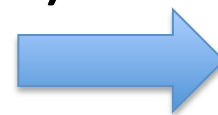
Silence
AUM
HAM
YAM
RAM
VAM
LAM



[ŋ]
[m]
[i]
[e]
[a]
[o]
[u]

Connecting the elements of SVT...

- Inspiration/Integration (Creative Freedom)
- Pre-phonatory preparation (Artistic Intention)
- Resonance/Articulation (Communication)
- Sostenuto/Dynamics (Expressiveness)
- Agility/Vibrancy (Energization)
- Registration/Range Stabilization (Inflection)
- Coordinated Onset and Release (Rhythm)



...to your Chakras

<u>Chakra</u>	<u>Element</u>	<u>Vocal/Artistic Quality</u>
7	Beyond	Imagination, Inspiration, Integration
6	All/Thought	Preparation, Intention, Focus
5	Space/Ether	Resonance, Articulation, Listening,
4	Air	Dynamics, Sustaining, Emotions/Expression
3	Fire	Agility, Vibrancy, Personality, Energization
2	Water	Registration, Creative Flow, Inflection
1	Earth	Onset and Release, Foundation, Rhythm

It's time to...

STAND & ***STRETCH***

Ist Chakra: “Root”

- Location: Coccyx/Perineum
- Physical: Legs/Feet, Elimination
- Element: Earth
- Color: Red
- Sounds: LAM, [u]
- Mental: Security
- Creative: Foundation/Grounding
- Dharma: Rhythm
- Knots: Fear, Instability
- Systematic Vocal: Onset/Release
- Yoga postures: Standing Poses

2nd Chakra: “Seat of the Self”

- Sacrum/Pubic Bone
- Hips/Pelvic Region, Reproductive Organs
- Water
- Orange
- VAM, [o]
- Mental: Likes and Dislikes/Pleasure
- Creative: Impulse
- Dharma: Creativity
- Knots: Guilt, Lack of “flow”
- Vocal: Registration, Inflection
- *Vinyasa* sequences, Hip Opening and Stabilization

3rd Chakra: “Glittering Gems”

- Solar Plexus/Lumbar Spine
- Abdominal Organs, Digestion
- Fire
- Yellow
- RAM, [a]
- Mental: Ego
- Creative: Vocal identity
- Dharma: To Balance the Ego (Higher Power?)
- Knots: Shame, Loss of Spontaneity
- Vocal: Agility, Alertness
- Twisting

4th Chakra: “Unstruck”

- Sternum/Ribs/Thoracic Spine
- Lungs/Heart, Respiration and Circulation
- Air
- Green
- YAM, [e]
- Mental: Emotions
- Creative: Expression/emotional connection
- Dharma: Unconditional Love
- Knots: Grief, Emotional Detachment
- Vocal: Dynamics, Sustaining
- Backbending, Lateral Flexion

5th Chakra: “Purity”

- Cervical Spine
- ENT/Neck/Upper Back, Hormonal Balance/Metabolism
- Space (“Akasha”)
- Sky Blue
- HAM, [i]
- Mental: Ability to be Understood
- Creative: Clear and Free Communication
- Dharma: To Give Voice to One’s Inner Truth
- Knots: Lies, Choked Expression, Difficulty Listening
- Vocal: Articulation, Listening, Resonance balancing
- Sun Salutation, Cervical Extension/Flexion, *Ujjai* Pranayama

6th Chakra: “Command”

- “Third Eye”/ Center of Brow
- Central Brain/Senses
- Nervous System
- All the Elements/Light
- Indigo
- AUM, [m]
- Mental: Intellect, Reason, Vision
- Creative: Intuition
- Dharma: To Balance the 3 *Gunas* (Qualities of Nature)
- Knots: Illusion, Confusion
- Vocal: Prephonatory Tuning, Intention
- Balancing

7th Chakra: “Thousand-fold”

- Crown of Skull
- Cerebral Cortex
- Beyond the Elements
- Violet
- Silence, [η]
- Mental: Knowledge, Beliefs
- Creative: Inspiration, Clear “Vision”
- Dharma: Union
- Knots: Attachment, Lack of Imagination
- Vocal: Integration/Absorption in Singing
- Meditation

Giving Voice to the Body

SVT in yoga postures

- Connects breath, mind, and voice to body
- Regulates breathing, esp. exhalation phase
- Cultivates awareness of subtle movements
 - Physical and Pranic
- Brings tensions and knots to the surface
- Works with blocks/knots
- Leaves imprints/residue
- Develops technical vocal awareness and function

YogaVoice® as Pedagogy

As a diagnostic tool

- Provides a window to the physical and mental knots/blocks that manifest as vocal faults
 - Perceiving the true nature/"cause" of a singer's vocal faults in the *qualities* of her/his voice production
- Reveals *samskaras* (habitual patterning)

As education

- Empowers singer to know her/his voice, and the elements of SVT, in the context of physical location and sensation
- Develops awareness of *samskaras* and gives choices for changing habitual patterns
- Deepens Self-expression through awareness
- Uncovers the authentic voice

Therapeutic YogaVoice®

- Down-regulates stress
- Connection to Self
- Physical, energetic, emotional balancing
- Mental clarity
- Union with a higher power/purpose (ego balancing)
- Reconnecting to our bodies (trauma and injury)
- Learning to trust

Conditions

- Muscle Tension Dysphonia (MTD)
- Spasmodic Dysphonia (SD - **ab**ductor and **ad**ductor)
- Vocal injury
- Stress
- Hypertension
- Abuse/misuse and lifestyle stressors
- Abuse/insult, injury, rejection
- Trauma
- Emotionally disconnected/chronic grief
- Eating disorders
- Chronic guilt
- Insecurity or chronic fear
- “Not being heard” or understood
- Low self-esteem (not valued)
- Negativity
- Posture
- Energetic imbalances
- Breathing imbalances/respiratory disease
- GERD/poor nutrition
- Tonal concept

YogaVoice® Vocal Vinyasa™

Based on the principles of *vinyasa krama*
(Krishnamacharya)

- Nyasa = to place
- Vi = in a special way
- Krama = step

The Vocal Vinyasa is an ordered sequence of movement, breathing, and vocal toning intended to localize and harmonize the chakra energies and to develop holistic awareness of the elements of SVT

YogaVoice® Vocal Vinyasa™

Attunement

- Simple seated: Ujjai Pranayama (“ocean” breath)
- Simple Seated: Kapalabhati Breathing (“skull shining” breath)
- *Set intention for practice – something you’d like to receive from practice*
- Cat/Cow flow w/ Ujjai breathing
- Forward-fold “Rag Doll” (head hangs easily, holding opposite elbows with each hand)
- Equal Standing (rolling up the spine from Rag Doll)
- “Meet Your Spine” w/ Ujjai breathing
- Airplane/Chair flow w/ Ujjai breathing

YogaVoice® Vocal Vinyasa™

Vinyasa

- Chakra 1:
 - Warrior 1 (5 x LUM: primal, grounded)
 - Equal Standing (5 x [u]; onset and release vocalise, any pitch)
- Chakra 2:
 - Triangle (forward leg bent) (VUM: flowing water, vocal inflection rising and falling through the registers)
 - Goddess (sliding [o])
- Chakra 3:
 - Seated Twist (5 x RUM: agile like fire)
 - Symbol of Yoga-Seated forward fold ([a]: sigh and light laughter)
- Chakra 4:
 - Sphinx (YUM: sustained tone)
 - Warrior 2 ([e]: messa di voce)
- Chakra 5:
 - Eagle w/ moving arms and head (HUM: open space)
 - Equal Standing with hands in Lotus Mudra at base of throat ([i]: open, free resonance; listening)
- Chakra 6:
 - Tree (OM: balance, focus, control)
 - Simple Seated w/ Alternate Nostril Breathing, then: [m]: stillness
- Chakra 7:
 - Simple seated pose ([ŋ]/listening for silence)

YogaVoice® Vocal Vinyasa™

Integration

- Sequence the BIJA Mantras - LUM, VUM, RUM, YUM, HUM, OM through the chakras in Simple Seated
- Sequence the Healing Tones – [u], [o], [a], [e], [i], [m], [ŋ] - toning from the bottom up and then from the top down – HAVE FUN!
- Corpse pose – Intentional Resting

Staying connected:

- www.theyogavoice.com
- Join email list/"SUBSCRIBE"
- The Musician's Breath DVD (GIA)
 - Practice
- Practitioner Certification

Enjoy...



Namaste!

NATS Presentation Notes

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