

## Individual Online Lessons with Dr Nadine George

These tailor-made online individual lessons on the voice will suit those people who want to explore their voice and creativity privately in conjunction with the founder of the Nadine George Voice Work technique. Each lesson is an intensive 1½ hours and will comprise all the aspects of the work including relaxation, breath, the Four Qualities of The Voice© and the speaking voice into text. There will also be time for reflection and discussion within the framework of the lesson.



### Application

#### Lessons Continuously Available

#### Fee: Price On Application

Lessons are delivered online, open across international timezones and are 1.5hrs long. Chosen text can be in your own language.

This is a sought after opportunity to have time and space on your own with the creator of the voice work. Participants will be accepted on their real wish to go intensively into the work with the voice and to discover through it new and unexpected aspects of themselves. If you would like to have an individual online lesson please send your professional CV and personal statement to: [info@voicestudiointernational.com](mailto:info@voicestudiointernational.com).

For further information about Dr Nadine George:

### Who is the session for?

The lessons are open to all who want to explore their voice honestly and openly in a one-to-one session which allows the focus of the teacher to be solely theirs. Within this creative atmosphere the individual will have focused time to explore their particular interests.

The lessons are open to those who may be coming to the work for the first time as well as those with an existing creative practice who wish to resource their creativity further.

### The Session

The private lesson will begin with a short discussion regarding the individual and their starting point for the lesson to come. An atmosphere is created where people can feel safe to take risks in order to discover more about themselves. The lesson will lead the participant through all aspects of Nadine George Voice Work including breathing work lying on the floor, where appropriate, followed by standing working with the breathing which allows the participant to feel and experience breath more fully in the body. Next comes the voice warm up in the Four Voice Qualities© of the technique sung directly from the body energy before each quality of sound is explored in depth. All this is then taken directly into speaking some provided text. There will be time for reflection and discussion at appropriate moments throughout.

#### What you can hope to gain:

- ☆ the opportunity to work directly with the creator of the Nadine George Voice Work in a safe, creative and artistic way and be able to take risks in order to discover more about yourself
- ☆ the chance to experience the technique in your own way if coming to it for the first time or to go deeper into the work if you already have practical knowledge of it
- ☆ the ability to have more confidence through gaining more knowledge of yourself by means of this work
- ☆ time to reflect on the process of the work and to talk about how and in what way this has influenced you.
- ☆ an understanding of how you can immediately connect the lesson to your life and work.



## Nadine George

*talks about the importance of continuing breath and voice work online.*

*“ In the times we find ourselves in, Covid 19 is now part of our lives. I feel in many ways it is taking us away from the breath and the voice which is the expression of the individual. I would like to bring us back to the breath, which is life, and the voice and the connection to the self. To the empowerment of the individual.*

*As VSI moves temporarily to online lessons I find myself working in this new medium and opening new opportunities for people to do the work at a time and place that suits them.*

*It is clear that this also makes the work accessible to people from around the world.*

*I have found working in this online medium very interesting. It is clear that you cannot go to the physical contact you get from the breathing work or the full sound that you get from the voice work in a workshop with a group of people, and that sometimes working at home can, understandably, be restrictive. However, what I have found working with this medium is firstly, it allows people to do the work in the context we find ourselves in and also secondly, it does not change the depth of the work, either in the breathing work, the voice work or the text work. In fact in some ways the work becomes more focused through the medium of the camera.*

*The lessons I’m doing online still include the breathing work on the floor, the singing of the four qualities of sound, Deep Male, High Male, Low Female and High Female and then linking the breath and the voice work to the work with the text.*

*Although this cannot replace the power of working in person the work online has proved very effective and powerful in a different way and I’m delighted to be able to continue to reach out with my work in these difficult times.”*

If you are interested in a lesson with Nadine please email us at: [info@voicestudiointernational.com](mailto:info@voicestudiointernational.com)



## Preparation for VSI Online Lessons & Workshops

We list below some preparation information which we hope indicates the nature of the online work. We hope this helps to make the session as practical as possible, keeping both teacher and participants focused in the room and deepening our work together.

### Environment & Preparation

This will be a practical lesson working with relaxation, breath, the sound of our voice and spoken word.

- Please wear comfortable, loose clothing that enables you to feel relaxed and give access to deeper body breathing - this may be comfortable jogging trousers and top. Please have layers to hand (i.e jumper, socks) as your body temperature can change as the work progresses.
- Please work in a room that has clear floor space for you to lie down on the floor as well as stand up.
- If possible, it is good to have a gym/yoga mat or blanket that can be laid out on the floor for the floor work, demarcating work space and to help the body relax and open.
- For this session, a laptop or tablet is ideal to work from - enabling you to move and stabilise your camera to where you are in the room so that we can view your work as much as possible and can also be seen by you.
- Please consider being in a room that is warm but that also has been well ventilated with the option to open a window where needed.
- If possible, a well lit room is ideal so that you can be seen clearly by the camera.
- You will be making 'sung sound' during the session so you may want to ensure doors are closed or house partners are told in advance of your working.

### Further Considerations

- Hydration: please have some water available to drink should you need it during the session.
- Please ensure that all digital equipment you are using is fully charged or has a long power lead so that we can continue our work without interruption.

### Expectations

- Technical difficulties! If online connections freeze, we can move between our different platforms - Skype and Zoom where necessary.
- We may briefly log out of our call during the session, so that the online connection can be refreshed and redialled where necessary.
- There may be background noise that we are unable to control, though we will prepare our environment to ensure the space is calm, clear and confidential. Please ensure you will have no interruptions for yourself in both your surrounding and online digital environments.

### Text, Language & Online Resources

- You will be sent 'The Four Qualities of the Voice' and further creative text which we will work with during our session. Please have these to hand (ideally as a piece of paper or on a separate device). If you have your own choice of text that you would like to work on, please send it before the lesson.
- Nadine can conduct the lesson in English or French and is able to work with you on your own text in your native language.

### Confidentiality & Privacy

- All workshops and lessons are strictly private and confidential. We ask that no recording equipment is utilised during the session without prior discussion between ourselves.
- To maintain this atmosphere, we ask that digital meeting links to the lesson are not shared.

If you have any questions not covered by the information above please just get in touch.

To see our Terms & Conditions and information on cancellation fees, please click [here](#).

\*In the event the advertised teacher is unable to teach this lesson VSI reserves the right to replace the teacher with another appropriately experienced and NGVW accredited voice teacher.