

## The Expansive Voice: Nadine George Voice Work<sup>®</sup>

This 2 day online winter workshop is an artistic investigation into the voice, developing tools to expand our sense of self and resource ourselves in uncertain times. The workshop is rooted in the Nadine George Voice Work to explore breath, body, voice and the spoken word. It will encourage deeper awareness and embodiment in the use of our voice and breath, working through and beyond the digital screen to creatively connect to ourselves and others during this time of isolation.

The Workshop will be led by VSI co-director Susan Worsfold, following her successful international one to one online summer sessions. This workshop will be delivered digitally with a maximum of 4 participants ensuring a focused, expansive space for individual research and group connection.



### 21 & 22 November 2020

**Saturday & Sunday: 1200 - 1630 (BST)**

Open across international timezones

**Fee: £120 per participant**

Voice Studio International workshops are extremely popular and this online opportunity is restricted to 4 participants in order to maintain a high quality of focus on the individual within the digital landscape. Participants will be accepted on their real wish to explore their voice's authenticity in the company of others with similar aspirations.

If you would like to apply for one of the 4 spaces available on the workshop, please send your professional CV and personal statement to: [susan\\_thevoicestudio@hotmail.co.uk](mailto:susan_thevoicestudio@hotmail.co.uk)

For Further information about Susan Worsfold:

[voicestudiointernational.com/portfolio-items/susan-worsfold/](http://voicestudiointernational.com/portfolio-items/susan-worsfold/)

### Who is the workshop for?

The workshop is open to all who have a real wish to explore their voice and its connection to themselves. It is suitable for those familiar with Nadine's work, who are looking to deepen their practice with the technique and equally to those wishing to explore the work for the first time. It will also be appropriate for those who have an existing vocal practice but who wish to discover further ways of understanding and working with voice.

*Follow your voice. What does your voice say?  
What does the voice evoke?*

*Nadine George*

### The Workshop

This online workshop will begin with a short discussion to understand where we are in the digital environment as a starting point for the lesson to come. The workshop will then lead participants through all aspects of the Nadine George Voice Work starting with active and meditative relaxation and breathing exercises. These will be experienced individually on the floor through guided practice. The embodied connection to the breath, the body and therefore the self, is then linked to how we stand in space whilst remaining connected to our voice and presence, enabling participants to feel and experience breath more fully in the body. Sounded tone work is explored individually and as a group, releasing the sung sound as it relates to the body's impulse and the Four Voice Qualities<sup>©</sup> of the technique. These Qualities will then be explored to understand the depth, breadth and potential that lies within each individual as they express their unique identity through the voice. Classic text spoken out loud completes our session, used as a frame to discover the creative power of the word and our voice.

Both days follow this developed structure of work on breath, body, space, voice, word, enabling the work to become further embodied as the technique becomes familiar. Space is given throughout the workshop for reflection and discussion.

### What Can You Hope To Gain?

- ☆ the opportunity to understand the connection between your voice and yourself
- ☆ a greater understanding of breath and the energies of the voice and body as they connect to speaking
- ☆ connection to an expansive breath and voice, building confidence to take space in these restrictive times
- ☆ the chance to take creative risks in a supportive environment and to share the creative experience of others
- ☆ time and space to discuss and reflect on the experience of the process and your development through it.

## Preparation for VSI Online Workshops

We list below some preparation information which we hope indicates the nature of the online workshop. 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 workshop 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 workshop.
- 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, Zoom and Whatsapp where necessary. Further links will be shared before the session.
- We may briefly log out of our call during the workshop, 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 & 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).

### Confidentiality & Privacy

- All workshops 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 workshop VSI reserves the right to replace the teacher with another appropriately experienced and NGVW accredited voice teacher.