

## Take A Breather

### Using The Nadine George Voice Work ® To Reset, Refresh & Resource Yourself



*Take A Breather* sessions are short sessions focusing on calm but energising breath work to leave you re-centred and re-balanced, finishing in some gentle vocalisation. These 40 minute sessions can be factored into your daily activity at a time to suit. The sessions will be led by Professor Ros Steen. They will be delivered digitally for a maximum of 4 participants per session to ensure an individual focus on each participant.

## Winter 2021/22

### Drop In Dates- December to February

Open across international timezones

### Fee: £25 per participant per session

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 work with their breath and voice for their own personal development.

If you would like to apply for one of the 4 spaces available per session, please send a brief personal statement to: [ros.steen@btinternet.com](mailto:ros.steen@btinternet.com)

Please state whether you would prefer a morning, afternoon or weekend session. We will email you directly to confirm our Drop In dates.

For further information about Ros Steen:

<https://voicestudiointernational.com/portfolio-items/ros-steen/>

## Who is the session for?

In these uncertain times the session is open to all who need a pause and a space to breathe more freely and let go some of the tensions of the current situation, leaving you better able to cope.

It is equally suitable for those new to the technique as for those who wish to check-in with their vocal practice, keeping it fresh.

## The Session

The session will begin with a quick briefing about the digital environment. After lying down on a mat you will be gently guided through the simple but effective NGVW breath technique. Once a deeper breath connection has been established the session will progress towards standing up and taking this embodied breath energy forward with more direction and focus. This will be used to sound through the Four Voice Qualities© of the technique before ending by speaking a few words, allowing you to re-experience your voice anew.

## What Can You Hope To Gain?

- ☆ time to think about your own breathing response to the situations you find yourself in
- ☆ an opportunity to breathe more freely and healthily
- ☆ being able to use breath to support the voice calmly and more effectively
- ☆ a simple practice which you can use on your own
- ☆ time and space to focus on yourself and your own needs

*“Take the time you need.”*

*Nadine George*



## 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.