

## The Expansive Self: Nadine George Voice Work ®

Welcome to our 4 day in-person voice workshop, delivered by Susan Worsfold. Following the lifting of pandemic restrictions we are delighted to be offering our first in-person workshop while still following strict and safe COVID-19 practices (see below).

This Workshop will follow the classical sequence of The Nadine George Voice Work, taking participants through an embodied connection to breath, body, the space around you and a fuller sense of self that comes from a deeper connection to your voice. Emerging from these restrictive times, this in-person workshop invites space to expand our presence in connection with those around us, receiving detailed support and guidance to work with a fuller vibration, in our voice and in ourselves. This workshop has been uniquely tailored for **a maximum of 6 participants** ensuring a safe, focused, expansive space for individual research and group connection.



### 5 - 8 January 2022

**Wednesday - Saturday : 1000 - 1700**

**Venue: Scottish Opera, Glasgow, G2 4PT**

**Fee: £360 per participant**

Payment Plans Available - please email for further info.

Voice Studio International workshops are extremely popular. This in person opportunity has been restricted to 6 participants in order to maintain a high quality of focus on the individual within a safe and creative environment. Participants will be accepted on their real wish to explore their voice's authenticity in the company of others with similar aspirations.

**With the safety of participants in mind, we require proof of full COVID-19 vaccination upon application and a recent negative covid test prior to the workshop.**

If you would like to apply for one of the 6 spaces available on the workshop, please send your professional CV and personal statement to: [susanworsfold@hotmail.com](mailto:susanworsfold@hotmail.com)

### 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.

### The Workshop

This in person workshop will safely 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© 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.

Each day follows 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 following 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.

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



## Workshop Considerations

Voice Studio International workshops offer a creative personal research opportunity through a practical and freeing work on the voice. We provide safe spaces for participants to work and support their health and wellbeing. In light of the COVID-19 pandemic we have made extra provision to ensure participant safety as far as is reasonably possible.

We are committed to ensuring that our workshops are:

- ✓ Always compliant with current government COVID-19 guidance and the Voice and Speech Trainers Association (VASTA) guidelines for working safely
- ✓ Held in venues of a large enough size to enable participants and a teacher to work at industry standard safe-practice distances, with a minimum of 2 meters distancing between participants when working with a fuller breath and voice connection
- ✓ Held in venues with adequate provision for ventilation and heating
- ✓ Held in venues with clear and adequate Covid risk assessments and guidance in place that include daily sanitisation of all floors, equipment and common use areas
- ✓ Undertaken only by participants who are fully vaccinated against COVID-19 and have tested negative prior to commencing the workshop. If any participant develops any symptoms of Covid at any point they must undertake to immediately notify the workshop leader. Participants will be required to bring a mat for their own exclusive/personal use.

The Nadine George Voice Work will be translated and adjusted to take into account guidelines at the time of the workshop, including guided solo breath practice and non contact work between participants.

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

*Nadine George*

## Workshop Teacher : Susan Worsfold\*

Susan Worsfold is an award winning theatre director, drawing from her 27 years of experience of the Nadine George Voice Work. She has a highly artistic, developed and accessible practice in the use of breath, body, space, sound and word, from where the artist and audience alike understand their standing in space, in the community and therefore their voice in society at large, equipping them with tools to be seen, be heard and take space.

Susan was Co-Director of the Nadine George Voice Centre of Voice Studio International having met Nadine George at the age of 18 whilst training at the Royal Conservatoire of Scotland (RCS) and has worked consistently and closely with Nadine since 1994. She is one of the small group of world-wide accredited teachers and is an Associate Teacher at the RCS. Susan has designed and taught NGVW courses in Brazil, Lebanon and Europe, working with people across practices and sectors and supported the development of the NGVW Accreditation process as well as the decade of work undertaken by Nadine within the Arts and Health sector.

Susan is co-company director of Queen Jesus Productions, working with Jo Clifford & Annabel Cooper and directs the internationally acclaimed *The Gospel According to Jesus, Queen of Heaven*, which toured to Brazil in 2016, won a Made in Scotland and Scottish Arts Award and continues to tour to UK, Europe and South America. Most recently *Heroine* by Mary Jane Wells, Susan's third production to receive a Made in Scotland Award, completed a tour to the Kennedy Centre, Washington in February 2020. Whilst there she was invited to speak at Georgetown University as part of the Laboratory for Global Performance & Politics. In March 2020, Susan toured with *Jesus, Queen of Heaven* to Mostra International Theatre Festival in Sao Paulo, Brazil.

During the pandemic Susan has continued to work online with individuals and cultural organisations in Lebanon, Brazil, Canada, France, Republic of Ireland and the UK, successfully translating NGVW online and providing workshops for the VSI Programme. She has deepened her 10 year work with Lung Ha, Scotland's leading ensemble of neuro-diverse performers, developing regular online workshops of NGVW and the Shakespearean text. She is currently creating and co-directing *Love Like Salt*, a film production with the company leading to a stage production of *King Lear* that Susan will co-direct in 2023. With Queen Jesus Productions, she has created *A Space To Bless* season of films and directed live streamed, site specific performances for Christmas 2020 of *Jesus, Queen of Heaven*, executive produced an online training programme for Queen Jesus's new ensemble and co-produced *68 Months in Waiting* by Nelly Kelly for National Theatre of Scotland's *Scenes for Survival* broadcast on BBC Scotland.

Susan continues her work online and is now back in the room teaching and developing a safe, creative and released style of working.

\*In the event the advertised teacher is unable teach this workshop

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