

VOICE STUDIO INTERNATIONAL

TRANSFORMING VOICES

Individual Lessons



These tailor-made individual lessons on the voice will suit those people who want to explore their voice and creativity privately, as taught by Dr Nadine George, Professor Ros Steen and Susan Worsfold. Each lesson is delivered online in an intensive 1½ hours and will comprise all the aspects of the work including relaxation, breath, the Four Voice Qualities© and the speaking voice into text. There will also be time for reflection and discussion within the framework of the lesson.

Lesson Information

Lessons are continuously available.

Delivered online via video conferencing - platform can be determined by the parties on booking.

Prices will be advised on application with full payment required to secure the session.

If you would like to have an individual online lesson please send your professional CV and personal statement to: info@voicestudiointernational.com and specify which of our teachers you would like to work with.

The Individual Lesson

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.

Who is the lesson 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.

'I came away buzzing with thoughts and feelings about the interconnectedness of the body, voice, intellect, technique. It was an incredible experience.'

Individual participant.

Lesson preparation

Listed below is some information we suggest you read before your online lesson. We hope this helps to make the session as practical as possible, keeping both teacher and student focused in the room and deepening our work together.

Environment & Preparation

This will be a practical session 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 the teacher can view your work as much as possible and the teacher 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.
- ◆ We suggest, if possible, a well lit room 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 lesson.
- ◆ 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 Facetime where necessary. Please do share your links before the session.
- ◆ 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 & Online Resources

- ◆ You will be sent our 'The Four Qualities of the Voice' which we will work with during our session. Please have this to hand (ideally as a piece of paper or on a separate device).
- ◆ If we are moving on to text, please ensure you also have this to hand for that part of the session.

Confidentiality & Privacy

- ◆ All our lessons are strictly private and confidential. We ask that no recording equipment is utilised during the session without prior discussion between you and the teacher.
- ◆ 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.