



UNDENIABLE

S E L F

Sing with Your Whole Self

The amazing thing about the voice that is unique from any other instrument is as singers, our bodies are our instruments. When we learn to integrate our whole self with our voice, it's incredible the way the voice can express itself and how much ease we have in our voice and in our movement. By using a body based approach to vocal coaching, we fully embody our voice, allowing us to have complete vocal freedom of our instrument because we're learning how to reduce tension and sing with our whole self.

Some of these explorations include:

- Applied Alexander Technique for singers
- Pilates principles for singing
- Bodymapping
- Neuromovement to connect your brain's unique response to every movement.