

Voice Breath Posture

Workshop with *Feldenkrais* trainer Arlyn Zones
and *Linklater* teacher Corinna May
March 6 – 8, 2020, Vienna

The use of the voice is the core of investigation in this three-day course in which Arlyn Zones and Corinna May artfully lead the participants towards their resonant centre. The workshop will include Awareness Through Movement lessons and Linklater vocal exercises.

- **SING** with less effort, more stamina and better harmonics
- **SPEAK** with confidence and power, and less strain
- **ACT** with greater vocal variety and expression
- **ENGAGE** with your audience, employees, or clients with a posture and sound that expresses confidence and gravitas.

Through a lively interplay between the Feldenkrais Method and the Linklater Training, participants will explore and improve the dynamics of their voice, breath and posture.

About Arlyn Zones

Arlyn graduated from Dr. Feldenkrais' last training program in 1983 and has been practicing the Method for over 35 years. She received her Trainer's designation in 1994. Arlyn first began studying the Linklater Method in 1972 as part of an actor's training program. The curriculum she created focusing on the voice has been included in nearly all of *Feldenkrais Resources* trainings in San Diego and New York, as well as numerous trainings in Australia. Arlyn has a MA in Theater Arts.

About Corinna May

A professional actress for thirty-plus years, Corinna first studied Feldenkrais and Linklater in tandem in 1982, later becoming a designated Linklater teacher (2003) and a Feldenkrais Practitioner (2011). She is a core member of *Shakespeare & Company* in Lenox, MA. Currently an assistant professor of Voice and Speech in the Actors Studio MFA program at *Pace University*, Corinna is a Phi Beta Kappa graduate of *Barnard College*, and trained at *Circle in the Square Theatre School*.

The full weekend gives you time to experience the intensity and depth possible through working with the voice with these masterful teachers.

Friday, March 6, 2020 14:00 – 19:00

Saturday, March 7, 2020 10:00 – 17:00

Sunday, March 8, 2020 10:00 – 17:00

Workshop fee: € 330,- (inkl. MwSt./VAT), reduced (e.g. students): € 270,-
The workshop will be taught in English.

Please contact us with any question you might have and to register:

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