

Aldona Krasucka

Voice Emission and the Quality of Life

During the theoretical part (i.e. the lecture with no limit of participants) attendees will be granted a set of necessary information regarding the subject of voice:

- what is a voice and how does it come to life, what makes it sound louder, lower or change its timbre
- “natural voice” and its distortion by means of civilization
- why working on voice should not start with the voice itself
- principles of shaping a proper posture, breathing and elocution
- how to develop your own voice by yourself
- working with voice while experiencing stress
- fatigue and voice illnesses
- additional life benefits resulting from the proper voice emission

During the practical part (i.e. workshop repeated twice – ten people can attend it each time) participants will be doing exercises focusing on the body, breathing, speech apparatus and voice:

- exercises relaxing upper body parts and activating the lower parts
- best (only according to workshop leader!) breathing exercises
- speech apparatus exercises
- exercises based on texts demanding diverse forms of expression
- exercises based on texts focusing on various elocution problems
- easy songs sung in a choir with an accompanying instrument

Every participant will be granted didactic materials prepared by the workshop leader, her feedback and individualised suggestions regarding further working with one’s own voice.