



Alexander Technique for Singers Workshop

with

**KAY HOGAN &
ELLEN JOHNSON**

**Saturday, January 20
& February 17, 2018**

1 pm – 4 pm

About the Alexander Technique

The basic principles of the Alexander Technique can help you become aware of and eliminate habitual patterns that hinder freedom of voice and singing. The technique can help you become free from vocal pain - and it can help take your singing technique to a level you never imagined possible. Learning to use your body and your whole self better can help you move, sing and breathe with more freedom.

The Alexander Technique can help singers with:

Breathing, stamina and vital capacity

Support for the voice and breath

Jaw and tongue tension

Healthy voice use

Extending vocal range

Creative expression

Performance nerves/Confidence

- **Limited to 6 singers**
- **Prepare a song and receive Alexander Technique assistance AND vocal critique**

COST: \$100

**Pay in advance to
reserve space**

LOCATION:

Sessions at Vocal Visions vocal
studio in Hercules

TO REGISTER:

vocalvisions@gmail.com

Vocal Visions[™]

