



Alexander Technique for Singers Workshop

with

**KAY HOGAN &
ELLEN JOHNSON**

Wednesday, October 4
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 you 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 5 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

