

Symposium 30 March 2019 10: 30-17: 30 "The voice inside out"

Abstract The voice inside Prof.Dr. Matthias Echternach

MRI based analyses (singing & speaking voice)

The voice production system is a complex mechanical system which involves many separate modules producing or modifying the human vocal sound. Such systems involve the establishment of subglottal pressure by the lungs and the vocal folds, the fragmentation of the air flow by the oscillating vocal folds and articulatory sound modifications within the cavities above the vocal folds, often denoted as the vocal tract. Most of these systems are inside the human body and therefore primarily not visible. During the past years, innovative technologies have been applied for analysing vocal physiology in professional singers. The presentation shows studies in professional opera singers, Musical Theater Singers or professional Yodelling singers and offer inside views at all stages of the voice production system using innovative technological applications such as real-time magnetic resonance imaging.

Abstract The tenor A physiological view Prof. Dr. Matthias Echternach

For the last 200 years tenors have been the most recognized singers in the classical singing market. Many of these singers reached worldwide fame. Especially, the mysterious high C gathered an intense interest in both, the singers themselves as well as the audience. Tenor singing requires special tasks such as bridging the male passaggio and singing at even higher pitches up to reach the high C. However, tenors are no homogeneous group: there are many differences in relation to the Fach, i.e. from lyrical to Helden tenors' repertoire. The presentation will provide inside views of research on tenors concerning the passaggio and also different strategies in order to reach the high C from a physiological standpoint.

Prof. Dr. Matthias Echternach worked for many years at the Institute for Performing Arts Medicine - University of Freiburg Germany, as an ENT doctor. The MRI research of the voice, which he worked on, resulted in a beautiful DVD: "The Voice" - Insights into the Physiology of Singing and Speaking. Since 2018 he has been professor of Phoniatriy and pediatric audiology at the University of Munich, Germany. Besides solo activity as a tenor, he is a member of several internationally recognized vocal ensembles such as the Kammerchor Stuttgart.

Abstract Connected Singing Sanne Graulund (DK)

Lecture

Connected Singing - is a method Sanne has developed through many years of teaching. What is connected tissue? A fascia ("band") is connective tissue fibres, primarily collagen, that form sheets or bands beneath the skin to attach, stabilize, enclose, and separate muscles and other internal organs. The tissues in the body maintain the form of the body and its organs and provides cohesion and internal support. Through stretch, movement and sound we dissolve old body patterns that no longer support us. From here we build up the muscles that support the voice to perform and sing with flow from the inside and out.

We work on the fascia/connected tissue in the body in order to provide a platform for the voice to unfold and from where your musical intentions and ideas can be carried out.

Connections between body and voice - for singers the insight into the connections between jaw/abdomen, shoulders/knees, feet/larynx etc can be very useful. Connected singing will change your habits and help you to move on, if you are stuck in your breathing or support and curious to find new ways to explore your voice and sound.

Workshop

In this workshop we look at the connections from head, neck, back, feet and diaphragm. The flexibility of the ribcage and opening of the breath is essential for singers who want to improve the quality of your voice. You will get exercises that has direct influence on your diaphragm and the ribcage. When this area is flexible, the next step is to connect the muscles that support the airflow. Through movement we engage the coordination and co-work in your body. This supports the airflow, the connection between the vocal-chords and the muscles that support the voice. Your voice becomes integrated, the sound and quality of it can unfold from the inside and out, and you can experience more freedom in terms of phrasing and musical interpretation.

Sanne Graulund is a Danish singer, composer and voice teacher. She has been associate professor at the Rhythmic Conservatory in Copenhagen for many years, and is now teaching at the Royal Danish Conservatory in Copenhagen as well working as a freelance voice teacher and singer. She has released 4 Cd's, written music for movies and has been musical director at several theatre plays in Denmark.

In her teaching Sanne is working with connective tissue and combining this work with traditional voice training. She has developed and the voice training online course www.21DayVocalTrainer.com

Please read more on www.connectedsinging.net www.sannegraulund.com/

Abstract 'Singing from the Inside Out' Ineke van Doorn (NL) Presentation in Dutch

In 2016 Ineke van Doorn's book 'Singing from the inside out' was published. The book is a big success and is now internationally used at colleges and universities. The title refers to a methodical approach where the singing teacher together with the student explores the possibilities of the student. The subtitle, 'Exploring the voice, the singer and the song' is reflecting this. In this approach the vocal sound of the student is not modeled after an existing sound ideal. Instead one explores what the singer wants to express, his vocal abilities and the relationship with the chosen repertoire. In her lecture, Ineke van Doorn will explain the background of this approach and talk about working methods and concepts.

Workshop Improvisation

Improvisation has a lot to offer: It gives you the freedom to tell your story in a personal and special way. Each time you create something different depending on the situation, your mood, and your

fellow musicians. Improvisation will also enhance your musical ear, your understanding of musical structures and your self-confidence. But above all: it's a lot of fun!

Because it seems that there are no rules, some people are afraid to improvise and to enter the unknown. In this workshop you will experience that improvisation is like a conversation in which you can participate in different ways. Everyone can do it and will do it in its own way. In this workshop we will do exercises that support the musical conversation that makes improvisation.

Ineke van Doorn, Dutch Edison winner, travels the world as a jazz singer, teaches at the Artez School of Arts in Arnhem and wrote a book "Professioneel zingen voor iedereen" that was translated in English in 2016: "Singing from the inside out ". The book is a big success and is now internationally used at colleges and universities. In this approach the vocal sound of the student is not modeled after an existing sound ideal. Instead one explores what the singer wants to express, his vocal abilities and the relationship with the chosen repertoire.

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